

# **An Assessment of the Needs of Tompkins County Residents Sixty Years of Age and Older**

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## **I. Introduction**

In the coming decade, the United States will embark upon significant demographic changes as the Baby Boom generation becomes the Elder Boom generation. This population will place demands on government, service systems, and the community-at-large in a multitude of ways. Tompkins County is no exception to these trends.

The Tompkins County Office for the Aging (COFA) makes ongoing efforts to assess the needs of County residents age 60 and older, as mandated under the Older Americans Act. Furthermore, COFA attempts to determine the extent to which those needs are being met, and to the extent possible and appropriate, to develop systems and resources to meet unmet needs.

In 1995, COFA conducted a needs assessment of the 60+ population in Tompkins County, which provided a wealth of information on the status of local senior citizens.

In 2002, the New York State Office for the Aging (NYSOFA) spearheaded Project 2015, preparing State agencies for the impact of the State's aging population. Local Offices for Aging were encouraged to utilize this model, to assess and plan for local needs, and to educate local shareholders and community leaders about the changing demographics. COFA had already planned this survey project in order to meet these goals.

For all these reasons, COFA conducted a follow-up scientific survey of a representative sample of County residents sixty years of age and older to obtain a snapshot of their current situations, to consider needs in terms of current resources, and to make recommendations accordingly. It is intended to utilize the results of the survey in the light of demographic projections to assist with long-range planning. The results will also be compared with the results of the 1995 survey to examine trends. It is hoped that these data will provide needed information not only for COFA's planning process, but also for that of other private and public entities and agencies as they plan for their senior clients.

## **II. Design of the Study**

### **A. Survey Technique**

This survey attempted, wherever possible and appropriate, to replicate the 1995 needs assessment survey for comparability purposes. For this reason, a telephone survey was conducted during the same time of year. The response rate is typically higher in telephone than in mail surveys, and it is possible to probe when necessary in a telephone conversation. While the most in-depth information could be obtained in a personal, face-to-face interview, it is too costly in terms of available resources.

The most serious drawback in conducting a telephone survey is that people without telephones are by definition not contacted, and these individuals may be the most needy. Additionally, those that are too frail or hard-of-hearing to participate in a telephone survey are excluded. As a result of these limitations, one can hypothesize that the results of the study are to some unspecified degree more positive than the actual situation in the County.

### **B. Instrument Development**

The majority of the questions on the survey were taken from the needs assessment conducted by COFA in 1995. The survey questions concerned demographic information, employment, housing, transportation, isolation, activities, physical and mental health, nutrition, caregiving, awareness and use of services, health insurance and crime. Through meetings and contacts with local health and human service providers, COFA made changes and additions to the survey questions. The final instrument was pretested with several volunteers from COFA's Advisory Committee. A copy of the questionnaire may be seen in Appendix A.

### **C. Sample Selection**

It was estimated that 366 interviews were needed to obtain results with no more than 5% error at the 95% level of confidence. A total of 393 interviews were actually completed.

The sample was drawn randomly from the mailing list of the Senior Circle newsletter. This publication circulates to over 10,000 of the 11,967 residents of Tompkins County who are 60 years of age and older. The list is comprised of all County residents 60 years of age and older who are registered to vote, plus those seniors who come to COFA or Lifelong for services who are not registered to vote. This latter group is almost always low-income, and consequently, any bias of the voter registration list towards higher incomes is reduced to some unspecified degree.

A letter from the Director of COFA was sent to each person drawn from the list explaining the purpose of the survey and alerting the recipient to the fact that they would be called (Appendix B).

A total of 705 individuals was called. Three hundred ninety-three interviews were completed. One hundred nineteen individuals could not be reached after repeated attempts. One hundred ten individuals refused to be interviewed. Fifty-eight numbers were disconnected or incorrect. Seventeen individuals were out of town. Two lived outside of Tompkins County and were not eligible to be interviewed. Two individuals had moved. Two individuals were in nursing homes. Two were deceased.

### **D. Interviewer Training**

Nine individuals were hired to conduct interviews on a part-time, temporary basis. It was important that these individuals be carefully trained in order to obtain valid and complete interviews. Interviewers familiarized themselves with the interview and the instructions (Appendix C) in a training session. Each interviewer practiced the survey instrument on a peer interviewer, and then the pair switched roles. Interviewers conducted further practice interviews with the Project Director as deemed necessary. The interviewers were observed as they proceeded with actual interviews until they were judged to be ready.

In conducting the telephone calls, if there was no answer at a particular location, another call was made at another time. A number was called at four different times on four different days before it was deemed "no answer" and dropped.

### **III. Limitations of the Study**

All survey data are limited by factors which need to be considered when evaluating results. The sample size in this study is adequate for generalizing to the 60+ senior population in Tompkins County to the extent that if this study were repeated with other same size samples, 95% of the time the same results would be obtained within an error rate of plus or minus 5%. However, the size of the subgroups within the sample is not large enough to make similar generalizations.

Secondly, it is possible that those who refused to be interviewed would have given significantly different responses than those who completed the interview. The same consideration applies to those who were out of town. Those who were away during the winter months, for example, may constitute a different economic group than those who stayed in the area.

Thirdly, while a very high percentage of the County' s seniors were on the list from which the sample was drawn, those who were not may well be from a poorer economic group than most of those in the sample.

Finally, the validity of all surveys is diminished to the extent that respondents may not be willing or able to give valid responses, by interview error, by data entry error, and other factors. We have tried in our development of the instrument, in our pre-testing and in our training of interviewers and data entry staff, to obtain as valid information as possible.

### **IV. Results of the Study**

#### **A. Statistical Interpretation of Results**

The responses to each question in the survey may be seen in Appendix A in frequencies and percentages. Unless otherwise noted, results described in the text can be seen in Appendix A. In order to estimate the situation of seniors in Tompkins County from the survey responses, the percentage response needs only to be multiplied by 11,967, the number of seniors 60 and older in the County according to the 2000 Census of the United States. The extent to which a sample is representative of the population from which it is drawn is an essential consideration in every scientific survey. A comparison of the age, gender and race percentages of the sample with those of the Tompkins County population may be seen in Table 1.

**Table 1\*** (\*Percentages may not add to 100 throughout due to rounding)

**Comparison of 2000 Census Figures for Tompkins County with Survey Sample**

<b>Age</b>	<b>2000 Census</b>	<b>Survey Sample</b>
60-64	22.6%	21.2%
65-69	20.1%	13.0%
70-74	18.6%	17.9%
75-79	16.4%	21.7%
80-84	11.7%	14.8%
85+	10.5%	11.5%

<b>Gender</b>	<b>2000 Census</b>	<b>Survey Sample</b>
Male	42.4%	39.7%
Female	57.6%	60.3%

<b>Race</b>	<b>2000 Census</b>	<b>Survey Sample</b>
White	95.8%	94.9%
Black	1.8%	1.8%
Native American	0.1%	0.5%
Asian	1.5%	0.8%
Native Hawaiian/ Pacific Islander	0.0%	0.0%
Other	0.2%	0.0%
2 or More Races	0.6%	1.5%
Total Minority	4.2%	4.6%
Spanish Origin	0.5%	2.0%

<b>Location</b>	<b>2000 Census</b>	<b>Survey Sample</b>
Caroline	3.4%	3.1%
Danby	3.5%	3.6%
Dryden	14.5%	19.3%
Enfield	3.6%	3.8%
Groton	8.3%	5.6%
Ithaca City	18.9%	19.6%
Ithaca Town	23.3%	20.1%
Lansing	11.7%	11.7%
Newfield	5.3%	5.3%
Ulysses	7.5%	7.9%

	<b>2000 Census</b>	<b>Survey Sample</b>
<b>At/ Below Poverty, Age 65+</b>	5.2%	7.7%

As seen in Table 1, most of the survey percentages correspond reasonably well to those from the 2000 Census, with the following exceptions: the sample under-represents the 65-69 age group and slightly over-represents the 75-79 and 80-84 age groups; females over-represent males; seniors from Dryden are over-represented while those from Groton and the Town of Ithaca are under-represented; and the sample over-represents seniors with incomes at/below poverty. Consultants with statistical expertise indicated that these differences were not large enough to be further analyzed.

## **B. Characteristics of the Sample Respondents**

### **1. Age and Gender**

Table 2 reflects a breakdown of the respondents by age and gender.

<b>Table 2 Age and Gender of Respondents</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Male	42	17	29	33	22	8	5		156	39.7
Female	41	34	41	52	36	19	13	1	237	60.3
Total	83	51	70	85	58	27	18	1	393	100

### **2. Marital Status**

Respondents were asked about their marital status. A cross-tabulation of marital status of respondents by age and gender can be seen in Tables 3 and 4.

<b>Table 3 Age and Marital Status</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Married	56	34	49	48	28	10	6	1	232	59.0
Partnered	4	0	--	2	2	1	--	--	9	2.3
Widowed	9	9	10	27	22	11	12	--	100	25.4
Divorced	10	7	10	5	2	1	--	--	35	8.9
Separated	1	1	1	--	--	--	--	--	3	0.8
Never Married	3	--	--	3	3	4	--	--	13	3.3
No Answer	--	--	--	--	1	--	--	--	1	0.3
Total	83	51	70	85	58	27	18	1	393	100

<b>Table 4</b> <b>Gender and Marital Status</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
Married	118	114	232	59.0
Partnered	4	5	9	2.3
Widowed	18	82	100	25.4
Divorced	10	25	35	8.9
Separated	2	1	3	0.8
Never Married	4	9	13	3.3
No Answer	0	1	1	0.3
Total	156	237	393	100

### 3. Number in Household

The numbers of individuals in each household cross-tabulated with their age and gender are presented in Tables 5 and 6. It is of interest to note that 107 of the 134 respondents living alone were women (79.9%).

<b>Table 5</b> <b>Age and Number in Household</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
1	17	16	19	31	25	17	9	--	134	34.1
2	51	31	50	48	31	9	9	1	230	58.5
3	13	2	1	4	2	1	--	--	23	5.9
4	2	2	--	--	--	--	--	--	4	1.0
6	--	--	--	1	--	--	--	--	1	0.3
7	--	--	--	1	--	--	--	--	1	0.3
Total	83	51	70	85	58	27	18	1	393	100

<b>Table 6</b> <b>Gender and Number in Household</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
1	27	107	134	34.1
2	113	117	230	58.5
3	13	10	23	5.9
4	3	1	4	1.0
6	--	1	1	0.3
7	--	1	1	0.3
Total	156	237	393	100

#### 4. Income of Respondents

Table 7 shows the income of all respondents broken down by gender. Extrapolating to the whole of Tompkins County, approximately 1,005 seniors have incomes below 100% of the Federal Poverty Level, and of these, 886 are women.

<b>Table 7 Gender and Income</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
Below 100% Poverty*	4	29	33	8.4
Between 100-220% Poverty	38	71	109	27.7
Between 220% Poverty and Median Income <sup>6</sup>	41	63	104	26.5
Above Median Income	62	58	120	30.5
No answer	11	16	27	6.9
Total	156	237	393	100

Table 8 shows the income of respondents who live alone broken down by gender. It reveals that 19 of the 23 people living alone with incomes below the poverty level were women (82.6%).

<b>Table 8 Gender and Income of Respondents who Live Alone</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
Below 100% Poverty	4	19	23	17.2
Between 100-220% Poverty	14	39	53	39.5
Between 220% Poverty and Median Income	6	34	40	29.8
Above Median Income	1	9	10	7.5
No answer	3	5	8	6.0
Total	28	106	134	100

#### 5. Education and Occupation

The education and occupation of respondents are seen in Appendix A, questions 4 and 8, respectively. The high level of education in the County is reflected in the 40.2% who have at least a college degree. Likewise, the largest sector of the County workforce is seen in the 30.3% of respondents who have worked most of their lives in the educational, health and social services field.

\*100% Federal Poverty Level in 2004 is \$9,310 for a household of 1, and adjusted as household size increases.

<sup>6</sup>Median income for Tompkins County in 2004 is \$41,500 for a household of 1, and adjusted as household size increases.



## **6. Race**

The racial makeup of the sample is seen in Appendix A, question 76. The percentages of racial minorities in the sample and in the 2000 Census are in fairly close agreement.

## **7. Location**

Respondents were asked in which town or village in the County they lived, or whether they lived in the City of Ithaca. Question 1 of Appendix A shows the geographical distribution of respondents, which is reasonably close to that of the 2000 Census.

## **8. Employment**

Respondents were asked whether they were currently in paid part- or full-time employment. They were also asked whether they would like to be in part-or full-time work, and whether or not they have sought employment during the last six months (Appendix A, questions 5-7). Some 75.3% of respondents (N=296) were not employed. Generalized to the whole of Tompkins County, we can say that approximately 9,011 residents over age 60 are not employed.

Of the 24.7% (N=97) who were employed, 47.4% (N=46) were in full-time employment, while 49.5% (N=48) were in part-time employment.

Of those 75.3% (N=296) individuals who were not employed, 9.5% (N=28) stated that they would like to be employed. Those who would like employment were far more likely to want part-time employment (78.6%; N=22) rather than full-time employment (3.6%; N=1). However, only 2.5% (N=10) of the sample had actually been looking for work in the previous six months.

The 28 respondents who said they would like to be employed came from a broad range of work experiences, as shown in Table 9.

<b>Table 9 Work Experience of Respondents Looking for Employment</b>		
	<b>Total</b>	<b>%</b>
Construction	1	3.6
Manufacturing	3	10.7
Transportation and warehousing and utilities	3	10.7
Information	1	3.6
Finance, insurance, real estate and rental and leasing	2	7.1
Professional, scientific, management, administrative and waste management services	1	3.5
Educational, health and social services	8	28.6
Arts, entertainment, recreation, accommodation and food services	1	3.6
Public administration	1	3.6
Other services	6	21.4
Never worked outside the home	1	3.6
Total	28	100

## **C. Housing**

### **1. Type of Housing and Rate of Ownership**

Appendix A, questions 9 and 10, shows the type of residence and rate of ownership of sample respondents. The majority of respondents (72.0%; N=283) lived in single family homes, and 81.2% (N=319) own their own homes.

### **2. Housing Conditions**

Respondents were asked "Does your home need any major repairs, that is, something you think would cost about \$500 or more to fix, like a new roof, heating system or septic?" They were also asked "Why hasn' t this been repaired?" See Appendix A, questions 11-12. One hundred twenty-one respondents (30.9%) stated that their homes needed at least one major repair, and fifty-four (44.6%) cited the high cost of repairs as the reason it had not been completed. Another 43 respondents (35.5%) stated they had "not gotten to it" as the reason for lack of repair. It can be estimated from these figures that approximately 3,698 seniors in Tompkins County have not carried out needed major home repairs, and about 1,649 have not done so because of the cost involved in the repairs.

Respondents were asked "Does your home need any small repairs that you yourself are unable to take care of?" with the follow-up question "Why hasn' t this been repaired?" (Appendix A, questions 13-14). Eighty-two respondents (20.9%) stated that their homes

needed at least one small repair. Of those eighty-two, 34 respondents (41.0%) said they had "not gotten to it" as the reason for lack of repair, while 26 respondents (31.3%) cited high cost as the reason. From these figures, it can be estimated that approximately 2,501 Tompkins County seniors have a need for small home repairs, and of these, 783 have issues with the cost of repair.

Sixty-one seniors (15.5%) said their homes were not fully insulated. This finding can be extrapolated to suggest that about 1,857 seniors live in residences which are not fully insulated.

### **3. Plans to Move**

Respondents were asked if they were planning to move in the next 5 years. They were also asked their main reason for moving, whether they planned to stay in Tompkins County, and into what type of housing they planned to move. Results can be seen in Appendix A, questions 15-19. Fifty-five respondents (14.0%) stated that they were planning to move in the next five years. The most frequently cited reason for moving was "to reduce maintenance and upkeep" (30.9%; N=17), followed by "because of changes in my health" (21.8%; N=12). Most respondents with plans to move intend to stay in Tompkins County (63.6%; N=35). Of those who plan to stay within the County, 24.3% (N=9) were planning to move into single family homes while 18.9% (N=7) were planning to move into a senior housing complex.

### **4. Housing Costs**

Respondents were asked their costs for rent/mortgages, utilities, taxes and homeowners insurance, and then those costs were summed. An index of Housing Cost Burden was created through a ratio of total costs to income. Income data in the survey were obtained within a range for each respondent rather than in exact amounts. Income for index construction purposes was defined as the average of the low and high figures for a particular range. According to the Department of Housing and Urban Development (HUD), housing which takes up more than 30% of a household's gross income is classified as "unaffordable." Households spending between 30 and 50 percent of their incomes on housing costs have "moderate cost burdens." Households spending more than 50% of their incomes on housing have "severe cost burdens." As may be seen in Table 10, 33.6% or 132 respondents have housing cost burdens in excess of 30%. Fifteen percent of respondents (N=59) have severe cost burdens. Extrapolating to the entire County, approximately 4,021 seniors are paying too

high a percentage of their income on housing costs. Table 10 also shows that 85 (64%) of those with unaffordable housing costs were women. Further scrutiny of Table 10 shows that of those with Housing Cost Burdens of over 50%, 39 (66.1%) were female compared to only 20 (33.9%) males.

<b>Table 10 Housing Cost Burden by Gender</b>					
	<b>M</b>	<b>F</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Below 30%	98	136		234	59.5
30-50%	27	46		73	18.6
Above 50%	20	39		59	15.0
Missing			27	27	6.9
Total	145	221	27	393	100

Table 11 cross-tabulates Housing Cost Burden with the age of respondents. Analysis of Table 11 indicates that 40.5% of respondents age 60-64 (N=32) had unaffordable housing costs, as did 38.8% of respondents age 90-94 (N=7), and 38.4% of respondents age 85-89 (N=4).

<b>Table 11 Housing Cost Burden by Age</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Below 30%	47	31	41	52	36	16	11		234	59.5
30-50%	23	8	12	16	5	6	2	1	73	18.6
Above 50%	9	9	7	14	11	4	5		59	15.0
Missing								27	27	6.9
Total	79	48	60	82	52	26	18	28	393	100

As expected, those respondents with lower incomes had higher housing cost burden. Table 12 indicates that 78.8% (N=26) of those with incomes below 100% of poverty had housing cost burdens over 30%.

<b>Table 12</b>							
<b>Housing Cost Burden by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Below 30%	7	62	72	93		234	59.5
30-50%	14	20	16	23		73	18.6
Above 50%	12	27	16	4		59	15.0
Missing					27	27	6.9
<b>Total</b>	<b>33</b>	<b>109</b>	<b>104</b>	<b>120</b>	<b>27</b>	<b>393</b>	<b>100</b>

Seniors living alone are especially affected with high housing cost burdens. Table 13 illustrates that 42.5% (N=57) of those living alone had housing cost burdens over 30%.

<b>Table 13</b>								
<b>Housing Cost Burden by Number in Household</b>								
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>Total</b>	<b>%</b>
Below 30%	69	144	16	3	1	1	234	59.5
30-50%	29	40	3	1			73	18.6
Above 50%	28	29	2				59	15.0
Missing	8	17	2				27	6.9
<b>Total</b>	<b>134</b>	<b>230</b>	<b>23</b>	<b>4</b>	<b>1</b>	<b>1</b>	<b>393</b>	<b>100</b>

#### **D. Transportation**

Respondents were asked a series of questions about transportation. (See Appendix A, questions 26-29.) The majority of respondents, 78.4% (N=308) drove themselves when they needed to go somewhere in or around the County. Sixty-four respondents (16.3%) relied on relatives or friends; ten (2.5%) relied on busses; ten (2.5%) relied on Gadabout; one (0.3%) used the Kendal van.

When asked "Is transportation a problem for you?", seven (1.8%) answered "most of the time." In addition, 36 individuals (9.2%) answered "sometimes." This would suggest that approximately 215 seniors in the County are in fact experiencing serious transportation problems and another 1,101 are having problems some of the time. Out of the 43 people who experienced problems, when asked why, 15 (34.9%) stated they had no one to drive them; 10 (23.3%) referred to health problems or trouble walking; 6 (14.0%) mentioned winter weather;

5 (11.6%) stated other reasons, 2 (4.7%) cited cost; 2 (4.7%) mentioned car trouble; and 1 respondent (2.3%) referred to "inconvenient Gadabout schedule."

Respondents were asked whether they had a problem getting to an out-of-town medical appointment in the past year. Sixteen (4.1%) stated they had experienced a problem. This implies that out-of-town medical transportation is a problem for approximately 491 seniors in the County.

### **E. Isolation**

Several questions were asked which related to isolation (Appendix A, questions 30-35). Responses revealed that fifteen respondents (3.8%) usually don't get out of the house; 37 (9.4%) don't get out as often as they would like; 49 (12.5%) didn't have a neighbor on whom to call if they suddenly needed help; 50 (12.7%) didn't know one or more of their neighbors well enough to visit with; 80 (20.4%) had not visited in person with anyone either at their own or someone else's house within the past week; 36 (9.2%) indicated that they did not have as much contact as they would like with a person what they feel close to: "somebody that they can trust and confide in."

An Isolation Index was created by adding "no, never and none" responses to the aforementioned questions. Table 14 reveals that 23 individuals (5.9%) scored three or more on this index, and 13 were women. Table 15 reveals that twelve of these individuals (52.2%) lived alone. Based on the Isolation Index, it can be estimated that approximately 706 seniors in Tompkins County are too isolated.

<b>Table 14</b>				
<b>Isolation Index by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
0	89	131	200	56.0
1	46	66	112	28.5
2	11	27	38	9.7
3	7	8	15	3.8
4	3	3	6	1.5
5	0	2	2	0.5
<b>Total</b>	<b>156</b>	<b>237</b>	<b>393</b>	<b>100</b>

<b>Table 15</b>								
<b>Isolation Index by Number in Household</b>								
<b>HH#</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>Total</b>	<b>%</b>
0	73	134	10	3	--	--	220	56.0
1	33	68	9	1	1	--	112	28.5
2	16	18	3	--	--	1	38	9.7
3	8	7	--	--	--	--	15	3.8
4	4	2	--	--	--	--	6	1.5
5	0	1	1	--	--	--	2	0.5
Total	134	230	23	4	1	1	393	100

## **F. Activities**

Respondents were asked whether they spent "a lot of time," "some, but not a lot," or "hardly any time at all" on nineteen activities (Appendix A, question 36). Reading surpassed all other activities for those who spent "a lot of time" on any given activity (59.0%; N=232). The next most frequently cited activities were taking walks (37.4%; N=147), followed by socializing with friends and watching television (both 33.33%; N=131).

In contrast, the activities on which respondents reported spending "hardly any time at all" included dancing (92.6%; N=364), followed by taking classes or courses (82.4%; N=324) and political activities (82.2%; N=323).

An Activity Index was created by assigning a "2" to responses of "a lot," "1" to responses of "some" and "0" to responses of "hardly any time at all." The question about "just sitting and thinking" was omitted from inclusion in this index because of the difficulty of distinguishing "just sitting and thinking," which is a rewarding activity for an individual and that which is a sign of boredom, lack of interest and/or withdrawal.

A respondent could score a total of 36 if s/he answered "a lot" to each activity, and a total of 0 if s/he answered "hardly any time at all" to each activity. Scores ranged from 1 to 23 with a median score of 11. Table 16 shows that those living alone were more likely to score below the median than above.

<b>Table 16</b>								
<b>Activity Index by Number in Household</b>								
	<b>Number in Household</b>							
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>Total</b>	<b>%</b>
Below Median	59	80	11	1	1	1	153	38.9
Median	18	14	4	--	--	--	36	9.2
Above Median	52	123	7	3	--	--	185	47.1
Missing	5	13	1	--	--	--		4.8
Total	134	230	23	4	1	1	393	100

Respondents were then asked when they last attended or participated in each of the following: movie, shopping, Senior Citizen Center group or unit activity, other clubs, restaurant, place of worship, library, and the home of a friend, neighbor or relative. The majority of respondents (64.9%; N=255) had not attended a movie in more than three months. 88.3% of respondents (N=347) had gone shopping in the last week or two. 20.3% (N=80) reported they had attended a senior citizens unit or activity in the last month, while 29.3% (N=115) had attended other clubs in the last month. One should note that 72.8% of respondents (N=286) had eaten at a restaurant within the last week or two. 43.3% of respondents (N=170) had attended a place of worship within the last month. 29.5% (N=116) reported they had visited a library within the last month. 71.8% (N=282) indicated they had visited the home of a friend, neighbor or relative within the last week or two.

Respondents were then asked two additional questions about activities. The first asked, "In the past year, did you take any courses, workshops or seminars?" Ninety-one (23.2%) answered "yes." This can be compared to the 16.8% (N=66) who indicated that they spent some or a lot of their time in taking classes or courses. The second question asked, "During the past month or two, how many hours a week have you spent in volunteer activities?" 64.6% (N=254) responded "hardly any." This percentage is close to the 61.3% (N=241) who indicated spending "hardly any" time in answer to the more subjective question.

### **G. Fear of Crime**

While seniors are not generally victims of violent crime, there has been a perception to the contrary. Three sets of questions were asked to ascertain whether or not fear of crime was a substantial factor in limiting seniors' activities. Participants were asked if they avoid going



out at night. If their answers were "yes" or "sometimes," they were asked for the reason. One hundred-ninety (48.3%) stated they avoid going out at night, while another 14 (3.6%) indicated they sometimes avoid going out at night. The most frequent reason cited was "poor driving vision" (35.3%; N=72), followed by "winter weather" (14.2%; N=29) and "disability/illness" (9.3%; N=19). Only nine respondents (4.4%) indicated fear of crime as their reason.

Respondents were also asked if they avoided using public transportation. If the response was "yes," they were asked for the reason. One hundred thirty-seven respondents (34.9%) stated they avoid using public transportation, while another 7 (1.8%) said they sometimes avoided it. The most frequently cited reason was because they "didn't need it" (59.0%; N=85), followed by "not available" (11.8%; N=17) and "doesn't come at convenient times" (11.1%; N=16). No respondents mentioned fear of crime as their reason for avoidance.

Lastly, respondents were asked, "Do you avoid leaving home?" Again, if the answers were in the affirmative, they were asked for the reason. Forty-two respondents (10.7%) avoid leaving home, and an additional 10 respondents (2.5%) sometimes avoid leaving home. The most frequently mentioned reason was "disability/illness" (36.5%; N=19) followed by "fear of snow and ice" (15.4%; N=8). Only one respondent (1.9%) named fear of crime as the reason.

These responses suggest that fear of crime was not a major factor for the majority of those who avoided going out of the home, with the possible exception of going out at night.

## **H. Emergency Planning**

Respondents were asked one question pertaining to emergency planning: "Now I want to ask you a question about emergency planning for an event such as a severe winter storm which might disrupt the power supply. If this kind of event occurred, would you be prepared with adequate supplies for three days? (Supplies include water, non-perishable food, medicines, tools and supplies, clothing and bedding)." Three hundred forty-nine respondents (88.8%) stated yes, while 38 respondents (9.7%) stated no. Extrapolated to the County, approximately 1,161 seniors would not be prepared in the event of an emergency. Of those who stated they were unprepared, twenty (52.6%) live alone, and eighteen (47.4%) were over age 80. See Tables 17 and 18.

<b>Table 17</b>								
<b>Emergency Preparedness by Number in Household</b>								
<b>HH#</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>Total</b>	<b>%</b>
Yes	112	212	19	4	1	1	349	88.8
No	20	15	3	--	--	--	38	9.7
Missing	2	3	1	--	--	--	6	1.5
Total	134	230	23	4	1	1	393	100

<b>Table 18</b>									
<b>Emergency Preparedness by Age</b>									
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Total</b>	<b>%</b>
Yes	79	47	63	76	44	23	16	349	88.8
No	3	4	6	7	13	3	2	38	9.7
Missing	1	--	1	2	1	1	--	6	1.5
Total	83	51	70	85	58	27	18	393	100

## **I. Health**

### **1. Frequency of Various Conditions**

Respondents were asked "Do you have any of the following health problems?" and a list of health conditions was read. Frequencies are tabulated in Appendix A, question 44. A majority of the respondents reported having arthritis (57.8%; N=227). 187 (47.6%) reported having high blood pressure. 140 (35.6%) reported having hearing problems. 128 (32.6%) reported having eye problems (exclusive of glaucoma). 103 (26.2%) reported having foot problems. Ninety-five (24.2%) reported having heart disease.

When asked "Is there anyone 60 or older in the household suffering from Alzheimer' s or other dementia?" 19 (4.8%) responded affirmatively. This figure roughly corresponds with the 5% of persons over the age of 65 estimated to have dementia as reported by Alzheimer' s Disease International.

### **2. Activities of Daily Living**

Respondents were presented with a list of activities of daily living (Appendix A, Question 70) and asked if they could perform each of the activities "alone," "with some assistance," or "not at all." They were also asked who, if anyone, provides needed assistance, and whether or not that helper was paid. Of the 393 respondents, 201 (51.1%) required assistance with at least one activity. The most frequent activity that respondents needed help

with was heavy chores, such as snow shoveling (44.3%; N=174). Sixty-five respondents (16.5%) needed help with three or more activities. Extrapolated to the entire County, we can estimate that 1,975 senior citizens need help with three or more of their activities of daily living.

Table 19 shows that of those individuals needing assistance with 3 or more activities of daily living, 70.8% are women (N=65).

<b>Table 19</b>				
<b>Activities of Daily Living by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
0	99	92	191	48.6
1	35	71	106	27.0
2	2	28	30	7.6
3 or more	19	46	65	16.5
Missing	1	--	1	0.3
Total	156	237	393	100

With increasing age comes the increasing likelihood of needing assistance. Table 20 shows activities of daily living with the age breakdown of respondents. Of the 65 respondents requiring help with 3 or more activities of daily living, 49 (75.4%) were age 75 and older.

<b>Table 20</b>										
<b>Activities of Daily Living by Age</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
0	57	33	41	41	14	3	1	1	191	48.6
1	19	13	16	27	20	7	4	--	106	27.0
2	1	2	6	4	9	5	3	--	30	7.6
3 or more	6	3	7	12	15	12	10	--	65	16.5
Missing	--	--	--	1	--	--	--	--	1	0.3
Total	83	51	70	85	58	27	18	1	393	100

Table 21 indicates that of those 65 seniors requiring assistance with three or more activities, 28 (43%) lived alone.

<b>Table 21</b>								
<b>Activities of Daily Living by Number in Household</b>								
	<b>Number in Household</b>							
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>Total</b>	<b>%</b>
0	52	124	11	4	--	--	191	48.6
1	35	68	3	--	--	--	106	27.0
2	19	10	1	--	--	--	30	7.6
3 or more	28	28	7	--	1	1	65	16.5
Missing	--	--	1	--	--	--	1	0.3
Total	134	230	23	4	1	1	393	100

Table 22 shows that of those requiring assistance with 3 or more activities of daily living, 34 individuals (52.3%) had incomes below 220% poverty and 8 individuals (12.3%) had incomes below 100% of poverty.

<b>Table 22</b>							
<b>Activities of Daily Living by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
0	7	45	56	73	10	191	48.6
1	13	26	26	33	8	106	27.0
2	5	11	6	6	2	30	7.6
3 or more	8	26	16	8	7	65	16.5
Missing	--	1	--	--	--	1	0.3
Total	33	109	104	120	27	393	100

In regard to who provides the needed assistance, the most common single helper was the spouse. Seventy-two individuals (18.3%) paid for assistance with heavy chores such as snow shoveling. Thirty-three (8.4%) paid for assistance cutting toenails. Twenty-five (6.4%) paid for light housekeeping chores. Seven (1.8%) paid for someone to cook meals. Five (1.3%) paid for someone to shop. Four (1.0%) paid for someone to provide transportation. Less than 1% of respondents paid for help washing and bathing, getting out of the house, dressing, and eating.

### **3. Use of Health Related Services**

Appendix A, question 71 shows the usage of various health-related services. Six

respondents (1.5%) reported receiving nursing care, 26 respondents (6.6%) utilize home health aides, personal care aides or homemakers, 19 individuals (4.8%) receive physical, occupational or speech therapy, and 3 individuals (0.8%) reported receiving other health-related services.

#### 4. Access to Care

Respondents were asked, "Do you have a regular physician who coordinates all your health care needs?" (Appendix A, question 46). Nine respondents (2.3%) said they did not. Of those who did have a regular physician, 235 (61.2%) used general or family medicine practitioners and 122 (31.8%) used internal medicine specialists.

Respondents were also asked if they have difficulty in obtaining needed health care services. Twenty individuals (5.1%) responded affirmatively. Table 23 illustrates that of these twenty, 5 people (25%) had incomes below 100% of poverty, and 14 (70%) had incomes below the median. When these 20 individuals were asked why they had difficulty in obtaining services, the most common response was "can't get in to see the physician" (20%; N=4), followed by "lack of transportation" (15%; N=3), "financial problems" (15%, N=3), "other" (15%; N=3), "no health insurance" (10%; N=2), and "unsure where to obtain care" (5%; N=1).

<b>Table 23</b>							
<b>Difficulty Obtaining Needed Health Care Services</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	5	7	2	4	2	20	5.1
No	28	102	102	116	25	373	94.9
Total	33	109	104	120	27	393	100

Respondents were asked "About how long has it been since you last saw or talked to a medical doctor or other health professional?". 378 (96.2%) responded "within the last year." Eight individuals (2.0%) responded "within the last two years." Six individuals (1.5%) responded "longer than two years." Extrapolating to the county as a whole, we estimate that 180 seniors fall into that latter category.

#### 5. Tobacco Usage

Respondents were asked to describe their use of cigarettes, pipes or cigars (Appendix

A, question 49). 184 respondents (46.8%) reported never having smoked. 172 respondents (43.8%) reported "smoking 100 cigarettes or more, but don' t smoke now." Of those 172 former smokers, 51 (29.6%) smoked from 1-10 years, 44 (25.6%) smoked from 11-20 years, 32 (18.6%) smoked from 21-30 years, 25 (14.5%) smoked from 31-40 years, and 15 (8.7%) smoked from 41-50 years.

Thirty-seven respondents (9.4%) reported currently smoking occasionally or daily. Of those 37, 17 respondents (45.9%) reported smoking less than 15 cigarettes per day. 14 (37.8%) reported smoking about a pack per day. 4 (10.8%) reported smoking between 1 and 2 packs per day. Of the 37 current smokers, 13 (35.1%) have smoked for 41-50 years, while 9 (24.3%) have smoked for 51-60 years and 4 (10.8%) have smoked for 61-70 years. Only 2 (5.4%) have smoked for 1-10 years.

Table 24 shows that of the 37 respondents who currently smoke, 19 (51.4%) are men and 18 (48.6%) are women. Table 25 shows that of the 37 respondents who currently smoke, over half (54%; N=20) are under age 70.

<b>Table 24 Tobacco Usage by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
I have never smoked	48	136	184	46.8
I have smoked 100 cigarettes or more, but don' t smoke now	89	83	172	43.8
I occasionally smoke	4	4	8	2.0
I smoke daily	15	14	29	7.4
Total	156	237	393	100

<b>Table 25 Tobacco Usage by Age</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
I have never smoked	33	22	35	40	27	18	9	--	184	46.8
I have smoked 100 cigarettes or more, but don' t smoke now	36	23	32	38	26	7	9	1	172	43.8
I occasionally smoke	4	1	--	1	2	--	--	--	8	2.0
I smoke daily	10	5	3	6	3	2	--	--	29	7.4
<b>Total</b>	<b>83</b>	<b>51</b>	<b>70</b>	<b>85</b>	<b>58</b>	<b>27</b>	<b>18</b>	<b>1</b>	<b>393</b>	<b>100</b>

## 6. Food and Nutrition

A series of questions were asked regarding nutrition, food security and alcohol consumption (Appendix A, questions 53-55). Respondents were asked "Do you usually eat at least two balanced meals including fruits and vegetables every day?" Forty-three individuals (10.9%) stated they did not. Of these 43 respondents, a disproportionate number, (79.1%; N=34) were women (See Table 26). Twenty-five of these 43 respondents (58.1%) had incomes below 220% poverty; however, seven respondents (16.3%) had incomes above the median, indicating that balanced nutrition is not wholly dependent upon income (See Table 27). Table 28 illustrates that 15.7% of respondents living alone (N=21) reported not eating balanced meals, as compared with 7.8% of respondents in households of two (N=18).

<b>Table 26 Eat Balanced Meals by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
Yes	147	203	350	89.1
No	9	34	43	10.9
<b>Total</b>	<b>156</b>	<b>237</b>	<b>393</b>	<b>100</b>

<b>Table 27</b> <b>Eat Balanced Meals by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	26	91	95	113	25	350	89.1
No	7	18	9	7	2	43	10.9
Total	33	109	104	120	27	393	100

<b>Table 28</b> <b>Eat Balanced Meals by Household Size</b>								
	<b>Number in Household</b>							
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>Total</b>	<b>%</b>
Yes	113	212	21	3	1	0	350	89.1
No	21	18	2	1	0	1	43	10.9
Total	134	230	23	4	1	1	393	100

Respondents were then asked "In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?" Eight individuals (2.0%) responded affirmatively to this question. Those who answered yes were then asked "How often did this happen?". Three individuals (37.5%) answered "almost every month. This suggests that approximately 239 seniors in Tompkins County have food insecurity issues, and of those, 91 have problems affording food almost every month. Table 29 shows that 5 of the 8 respondents (62.5%) who cut or skip meals had incomes below the median, while 1 respondent (12.5%) had an income above the median.

<b>Table 29</b> <b>Cut or Skip Meals by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	--	4	1	1	2	8	2.0
No	33	104	103	119	25	384	97.7
Missing	--	1	--	--	--	1	0.3
Total	33	109	104	120	27	393	100

Respondents were asked "How many alcoholic beverages do you consume on an average day?" The majority of respondents (67.4%; N=265) stated "none." Another 43 individuals (10.9%) stated "less than one per day," or the equivalent of one per week. 57



respondents (14.5%) reported drinking one alcoholic beverage per day. 19 respondents (4.8%) reported drinking two per day. Eight individuals (2.0%) reported consuming three or more alcoholic beverages per day. According to the U.S. Department of Health and Human Services, drinking alcohol in moderation is defined as one drink per day for women and two drinks per day for men, due to differences in metabolism. Additionally, alcohol consumption is particularly problematic for seniors with health conditions such as diabetes and seniors who are on medications. Table 30 shows that 8 women report drinking two per day and 8 men report drinking 3 or more per day, which is considered excessive. It has also been shown that alcohol consumption is an area that individuals tend to under-report. Using this figure as a floor, we can estimate that at least 4.1% of seniors in Tompkins County, or 491 individuals may drink alcohol to excess. Tables 31 and 32 respectively show that alcohol consumption was reported across all age categories, and heavier consumption was more frequently reported among households of two.

<b>Table 30</b>				
<b>Alcohol Consumption by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
0	87	178	265	67.4
Less than 1 per day	21	22	43	10.9
1 per day	28	29	57	14.5
2 per day	11	8	19	4.8
3 or more per day	8	--	8	2.0
Missing	1	--	1	0.3
Total	156	237	393	100

<b>Table 31</b>										
<b>Alcohol Consumption by Age</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
0	45	37	44	57	44	24	13	1	265	67.4
Less than 1 per day	12	4	11	11	2	1	2	--	43	10.9
1 per day	19	8	11	8	8	2	1	--	57	14.5
2 per day	5	1	3	4	4	--	2	--	19	4.8
3 or more per day	2	1	1	4	--	--	--	--	8	2.0
Missing	--	--	--	1	--	--	--	--	1	0.3
Total	83	51	70	85	58	27	18	1	393	100

<b>Table 32</b>								
<b>Alcohol Consumption by Number in Household</b>								
	<b>Number in Household</b>							
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>6</b>	<b>7</b>	<b>Total</b>	<b>%</b>
0	112	136	15	1	1	--	265	67.4
Less than 1 per day	10	32	1	--	--	--	43	10.9
1 per day	8	43	3	2	--	1	57	14.5
2 per day	4	11	3	1	--	--	19	4.8
3 or more per day	--	8	--	--	--	--	8	2.0
Missing	--	--	1	--	--	--	1	0.3
Total	134	230	23	4	1	1	393	100

## 7. Caregiving

One of the results of large numbers of people living longer is that there are more people requiring long term care assistance. It is believed that seniors themselves provide a great deal of care for younger people as well as for other seniors. In an effort to ascertain the prevalence of this phenomena, respondents were asked if they were caring for any grandchildren, or for anyone 60 or older in their own household, elsewhere in the County, or farther away (Appendix A, questions 56-59). Seventy-seven respondents (19.6%) reported that they were caring for grandchildren. Of those, 52 (67.5%) provide less than 10 hours of care per week, 18 (23.4%) provide between 10 and 40 hours of care per week, and 7 (9.1%) provide more than 40 hours per week, and consider themselves to be the primary caregiver. All seven primary caregivers were between age 60-70. Applying these numbers to the County as a whole, we can estimate that 2,346 seniors provide care for grandchildren, and 215 seniors are the primary caregivers of grandchildren.

Thirty respondents (7.6%) reported caring for someone 60 or older in or near Tompkins County (no more than an hour away). Another fifteen (3.8%) reported caring for a senior more than an hour away. Twenty-three (5.9%) reported caring for someone 60 or older in their own household. These results can be combined to estimate that 2,070 Tompkins County seniors provide care for another older person.

## 8. Awareness of Services

Respondents were asked if they knew about the existence of the following services: adult day program, hospice care, respite care, Suicide Prevention telephone hotline, Supplemental Security Income (SSI), Home Energy Assistance Program (HEAP), Gadabout, health insurance counseling, Elderly Pharmaceutical Insurance Coverage (EPIC), Foodnet

home delivered meals, Long Term Care Services, and mediation through Community Dispute Resolution Center (CDRC). See Appendix A, question 60. A majority knew about all services with the exception of health insurance counseling (38.9%; N=153) and mediation through CDRC (47.1%; N=185). One should also note the high level of awareness for Gadabout (95.2%; N=374), hospice care (92.6%; N=364) and Foodnet home delivered meals (92.1%; N=362).

It should also be noted that a relatively high number of respondents (70.5%; N=277) reported knowing about Long Term Care Services. After administering the survey, it became apparent that it is impossible to distinguish whether respondents were reporting awareness of generic long-term care supports or of the Long Term Care Services Unit at the Department of Social Services, the latter of which was intended.

### **9. Depression/Anxiety/Conflict**

"Feeling depressed" and "Feeling anxious" were included among a list of health conditions, and 66 individuals (16.8%) reported feeling depressed, while 82 (20.9%) reported feeling anxious. According to studies by the National Institute of Mental Health, between 13 and 27% of older adults have subclinical depressions that do not meet the diagnostic criteria for major depression or dysthymia, but are associated with increased risk of major depression, physical disability, medical illness, and high use of health services. NIMH research has also revealed that depression often co-exists with anxiety disorders. Table 33 shows that of the 66 individuals reporting feeling depressed, 44 (66.7%) were women. Table 34 indicates that fifty-five (83.3%) had incomes below the median. Of the 82 individuals reporting anxiety, 51 (62.2%) were women (See Table 35). Sixty-one (74.4%) had incomes below the median (See Table 36).

<b>Table 33 "Feeling Depressed" by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
Yes	22	44	66	16.8
No	134	192	326	83.0
Missing	--	1	1	0.3
Total	156	237	393	100

<b>Table 34</b> <b>"Feeling Depressed" by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	13	28	14	10	1	66	16.8
No	20	81	90	110	25	326	83.0
Missing	--	--	--	--	1	1	0.3
Total	33	109	104	120	27	393	100

<b>Table 35</b> <b>"Feeling Anxious" by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
Yes	31	51	82	20.9
No	125	185	310	78.9
Missing	--	1	1	0.3
Total	156	237	393	100

<b>Table 36</b> <b>"Feeling Anxious" by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	12	25	24	15	6	82	20.9
No	21	84	80	105	20	310	78.9
Missing	--	--	--	--	1	1	.03
Total	33	109	104	120	27	393	100

In a separate section of the survey, respondents were asked "Now I'm going to read a statement to you and ask you if you agree or disagree. ' Compared to most people, I get down in the dumps too often.' Do you agree or disagree?" (Appendix Aquestion 61). Thirty people (7.6%) responded affirmatively, and another three (0.5%) responded that they were not sure. Eighteen (60%) of these 30 people were women (See Table 37). Twenty-seven (90%) had incomes below the median (See Table 38). Because this question was posed alone, and because it asked people to compare themselves to others, respondents may have been less inclined to answer affirmatively than when the question was couched among other health conditions. Using the two findings on depression to form a range, we can estimate that between 1,005 and 2,010 seniors in Tompkins County experience depression to some extent. Approximately 2,497 seniors experience anxiety.

<b>Table 37</b> <b>"Down in the Dumps" by Gender</b>				
	<b>M</b>	<b>F</b>	<b>Total</b>	<b>%</b>
Yes	14	16	30	7.6
No	140	218	358	91.1
Not Sure	1	2	3	0.8
Missing	1	1	2	0.5
Total	156	237	393	100

<b>Table 38</b> <b>"Down in the Dumps" by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	7	15	5	2	1	30	7.6
No	26	91	99	118	24	358	91.1
Not Sure	--	1	--	--	2	3	0.8
Missing	--	2	--	--	--	2	0.5
Total	33	109	104	120	27	393	100

When asked if they had talked about feeling "down in the dumps" or their problems with anyone, 17 of 30 (56.7%) responded affirmatively. Of these, 5 (29.4%) talked with a relative, 4 (23.5%) talked with their physician, 4 (23.5%) talked with a friend, and the remaining 4 respondents talked with therapists or others.

Respondents were then asked the following question: "Have you had a conflict that you don't know what to do about? The conflict could be, for example, with a family member, friend, neighbor, someone at your place of worship or community center, a landlord or health care provider or at a place of business." Fifty-two respondents (13.2%) answered affirmatively. Of these 52, 20 individuals (38.5%) stated that they would use the services of a trained mediator to help with this conflict. From these results, we can estimate that some 610 seniors could utilize trained mediation services.

## **J. Health Insurance Coverage**

Respondents were asked a series of questions about their health insurance coverage (Appendix A, questions 65-69). Eighty-six seniors (21.9%) stated that they were not covered by Medicare Part A, and 96 seniors (24.4%) stated that they were not covered by Medicare Part B. Seventeen individuals (4.3%) reported having Medicaid coverage. 302 respondents (76.8%) reported having health insurance to supplement Medicare, such as Blue Cross/Blue

Shield or AARP. Seventy-three respondents (18.6%) stated they had long term care insurance policies. Eighty-nine respondents (22.7%) reported having other health insurance. This left three respondents who reported having no health insurance (0.8%). All three of these people were between ages 60-64 and therefore ineligible for Medicare. Two of the three (66.7%) were women. Finally, all three people who were uninsured had incomes below the median.

The figure of 19.8% of respondents reporting private long term care insurance coverage seems very high, given that national estimates are less than 10%, according to the Government Accounting Office (2001). One factor contributing to this inflated number could be that Cornell, the County's largest employer, offers long-term care insurance to 177 employees and retirees over age 60. A closer look at the 73 respondents who reported having long term care insurance reveals that 30 (41.1%) had incomes below the median (See Table 39). Two respondents who reported receiving Medicaid answered this question affirmatively (Medicaid can be considered publicly funded long-term care insurance for persons with very low incomes). Because private long term care insurance is expensive to finance, and is fairly uncommon for people in lower income brackets to purchase, it is also suspected that many respondents did not understand what was meant by "long term care insurance" coverage.

<b>Table 39</b>						
<b>Long Term Care Insurance by Income</b>						
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>
Long Term Care Insurance	1	14	15	37	6	73
%	1.4	19.2	20.6	50.7	8.2	100

### **C. Help with Health Insurance Matters**

Respondents were asked "Do you need help in understanding your health insurance coverage, or in deciding whether to purchase additional coverage?" Seventy-five individuals (19.1%) answered affirmatively, suggesting that 2,286 seniors across the County need such assistance. When asked, "Do you need help in filling out your claim forms?" 51 (13.0%) stated that they did. Extrapolating to the County as a whole, it can be estimated that 1,556 seniors need such assistance. Coupled with the fact that only 153 respondents (38.9%) were

aware of the Health Insurance Counseling program (HIICAP), these results indicate that attention is needed in this arena.

#### **D. Prescription Drug Coverage**

A total of 50 seniors (12.7%) stated that they were not enrolled in insurance or a program that provides prescription drug coverage. These individuals were of various ages and income levels (see Tables 40 and 41). From these numbers, we estimate that 1,520 seniors in Tompkins County do not have prescription drug coverage.

<b>Table 40 Prescription Drug Coverage by Age</b>										
	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80-84</b>	<b>85-89</b>	<b>90-94</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	74	48	64	70	49	19	15	1	340	86.5
No	9	2	6	14	8	8	3	--	50	12.7
Missing	--	1	--	1	1	--	--	--	3	0.8
Total	83	51	70	85	58	27	18	1	393	100

<b>Table 41 Prescription Drug Coverage by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	29	88	91	112	20	340	86.5
No	4	20	13	7	6	50	12.7
Missing	--	1	--	1	1	3	0.8
Total	33	109	104	120	27	393	100

Respondents who had prescription drug coverage were asked if they were satisfied with it. Three hundred six (89.2%) answered affirmatively. Finally, all respondents were asked "Do you ever fail to fill a prescription or stretch out your medications to make them last longer than they should because of the cost?" Sixteen individuals (4.1%) answered affirmatively. Of these, 9 (56.3%) were men. All sixteen were under age 80. Surprisingly, these respondents had a variety of income ranges, and 13 of the 16 (81.3%) reportedly had prescription drug coverage (see Tables 42 and 43). Extrapolating across Tompkins County, an estimated 491 seniors are failing to fill prescriptions or stretching out their medications because of the cost.

<b>Table 42</b> <b>Fail to Fill Prescription/Stretch Medications by Income</b>							
	<b>Below 100% Poverty</b>	<b>Between 100-220% Poverty</b>	<b>Between 220% Poverty and Median Income</b>	<b>Above Median Income</b>	<b>Missing</b>	<b>Total</b>	<b>%</b>
Yes	3	7	3	3	--	16	4.1
No	30	97	99	115	27	368	93.6
Missing	--	5	2	2	--	9	2.3
Total	33	109	104	120	27	393	100

<b>Table 43</b> <b>Fail to Fill Prescription/Stretch Medication by Prescription Drug Coverage</b>					
	<b>Prescription Drug Coverage</b>		<b>Missing</b>	<b>Total</b>	<b>%</b>
<b>Fail to Fill</b>	<b>Yes</b>	<b>No</b>			
Yes	13	3		16	4.1
No	324	43	1	368	93.6
Missing	3	4	2	9	2.3
Total	340	50	3	393	100

### **K. Old, Alone, and Poor**

It has been indicated in previous studies that many seniors who are vulnerable to loss of independence may live alone. This hypothesis was confirmed in this study as well. The results show that 34.1% of respondents live alone (N=134). Of those individuals living alone, 79.9% (N=107) were women; 61.2% (N=82) were age 75 and older; 38.1% (N=51) were age 80 and older; 17.2% (N=23) had incomes below the poverty level; 20.9% (N=28) needed help with three or more activities of daily living; 9.0% (N=12) scored three or more on the Isolation Index. Ways to reach out effectively to this group continue to be a high priority.

### **V. 1995 & 2004: A Comparison**

As stated previously, the majority of questions in the 2004 needs assessment were taken from the 1995 needs assessment in order to compare results and examine trends. In both studies, random samples of the 60+ population in Tompkins County were drawn, with very little likelihood of the same respondents participating in both surveys. The 1995 survey consisted of 460 completed interviews, as compared with 393 completed interviews in 2004. Both were statistically significant to the 95% confidence level. The following comparisons and trends are noteworthy:



**A. Age** The respective ages of respondents in 1995 and 2004 can be seen in Table 44. The 1995 sample had over twice as many respondents age 65-69 as did the 2004 sample, while the 2004 sample was more weighted toward the "oldest old." This is due in part to demographic shifts that occurred between 1995 and 2004, as the numbers of seniors age 85+ increased. This is also due to the fact that the 2004 sample under-represents the 65-69 age group and slightly over-represents the 75-79 and 80-84 age groups.

<b>Table 44 Age of Respondents in 1995 &amp; 2004</b>				
	<b>1995</b>		<b>2004</b>	
	<b>Number</b>	<b>Percent</b>	<b>Number</b>	<b>Percent</b>
60-64	77	16.7	83	21.1
65-69	124	27.0	51	13.0
70-74	102	22.2	70	17.8
75-79	67	14.6	85	21.6
80-84	57	12.4	58	14.8
85+	30	6.5	45	11.5
Missing	3	0.7	1	0.3
Total	460	100.0	393	100.0

**B. Employment** A somewhat greater number of respondents were employed in 2004, and a greater percentage were employed part-time over full time. See Table 45.

<b>Table 45 Employment in 1995 &amp; 2004</b>				
	<b>1995</b>	<b>%</b>	<b>2004</b>	<b>%</b>
Not Employed	366	79.6	296	75.3
Employed Part Time	38	8.3	48	12.2
Employed Full Time	51	11.1	46	11.7
No Answer	5	1.1	3	0.8
Total	460	100	393	100

**C. Housing Issues** The vast majority of respondents continue to live in single family dwellings and own their own homes. Respondents were asked, "Does your home need any major repairs, that is, something you think would cost \$500 or more to fix, like a new roof, heating system or septic?" The deterioration of the housing stock and the continued need for home repair is evidenced in the increase in "yes" responses between 1995 and 2004. See Table 46. In both 1995 and 2004, the most frequent reason given for not completing the

repairs is due to the high cost; however, in 1995, 51.9% of respondents (N=41) cited high cost as compared to 44.6% (N=54) in 2004.

<b>Table 46 Need for Major Housing Repairs in 1995 &amp; 2004</b>				
	<b>1995</b>	<b>%</b>	<b>2004</b>	<b>%</b>
Yes	80	17.4	121	30.9
No	347	75.4	262	66.7
No Answer	33	7.2	10	2.5
Total	460	100	393	100

In both 1995 and 2004, respondents were asked their costs for rent/mortgages, utilities, taxes and insurance, and an index of Housing Cost Burden was created through a ratio of costs to income. In 1995, a burden of 35% and higher was considered excessive, whereas in 2004, a burden of 30% was considered excessive. When the 2004 figures are adjusted to compare with those of 1995, it shows a 6.9% increase in Housing Cost Burden. In 1995, 19.8% of respondents had Housing Cost Burdens over 35% (N=91) as compared to 26.7% of respondents (N=105) in 2004. See Table 47.

The rise in Housing Cost Burden reflects that expenses related to housing costs (electricity rates, fuel oil and natural gas prices, rental costs, property assessments and property taxes) increased at a greater pace than incomes over this time period. This is a serious concern for seniors, many of whose incomes are fixed.

<b>Table 47 Housing Cost Burden in 1995 &amp; 2004</b>				
	<b>1995</b>	<b>%</b>	<b>2004</b>	<b>%</b>
Below 35%	336	73.0	261	66.4
35-50%	32	7.0	46	11.7
Above 50%	59	12.8	59	15.0
No Answer	33	7.2	27	6.9
Total	460	100	393	100

**D. Transportation** The main form of transportation for respondents continues to be by automobile: in both surveys, approximately 95% of respondents drove themselves or were driven by relatives or friends. However, in 2004, a greater percentage of respondents (16.3%; N=64) were driven by others than in 1995 (10.9%; N=50). This could be due to the higher number of older seniors included in the 2004 sample.

The percentage of respondents reporting transportation problems either "most of the time" or "sometimes" increased between 1995 (6.1%; N=28) and 2004 (11.0%; N=42). The main reasons given for these transportation problems in 2004 were "no one to drive me" and "health problems." This too could be related to the higher ratio of older seniors in the 2004 sample.

**E. Isolation** In both 1995 and 2004, a series of questions relating to isolation were asked, and an Isolation Index was created. Results revealed that in 1995, 6.7% of respondents (N=31) scored three or more on this Isolation Index, as compared to 5.9% (N=23) in 2004.

**F. Activities** Respondents were asked whether they spent "a lot of time," "some but not a lot" or "hardly any time at all" on nineteen activities. In both 1995 and 2004, reading surpassed all other activities for those who spent "a lot of time" on any given activity, 61.1% (N=281) and 59.0% (N=232), respectively. In 1995, the next most popular activities were listening to the radio (33.5%; N=154) and watching television (32.0%; N=147). In 2004, the next most popular activities included taking walks (37.4%; N=147), socializing with friends and watching television (both 33.3%; N=131). This indicates that seniors may be engaging in more physical and social activities than indicated the past. These results, coupled with the downward trend in the Isolation Index, suggest that seniors are somewhat less isolated overall.

**G. Fear of Crime** Respondents were asked a series of questions to ascertain whether fear of crime was a factor in limiting seniors' activities. It would appear that fear of crime has decreased. In 1995, 11.7% of respondents (N=54) avoided going out at night due to fear of crime, as compared to 2.3% (N=9) in 2004. In 1995, 0.4% (N=2) avoided using public transportation due to fear of crime while in 2004, no respondents reported avoiding public transportation for this reason. Lastly, in 1995, 0.7% (N=3) avoided leaving home due to fear of crime as compared to 0.3% (N=1) in 2004.

**H. Health** A comparison between health conditions reported in 1995 and 2004 reveals that rates of incidence increased under all categories with the exception of "teeth problems" and memory problems." This may be due in part to the high number of people in the older age categories in the 2004 sample. See Table 48.

<b>Table 48</b>				
<b>Health Conditions in 1995 &amp; 2004</b>				
	<b>1995</b>		<b>2004</b>	
	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>
Diabetes	40	8.7	47	12.0
Glaucoma	24	5.7	24	6.1
Other eye problems	137	29.8	128	32.6
Hearing problems	146	31.7	140	35.6
Effects of a stroke	15	3.3	18	4.6
High blood pressure	170	37.0	187	47.6
Arthritis	233	50.7	227	57.8
Osteoporosis	59	12.8	79	20.1
Teeth problems	99	21.5	67	17.1
Cancer	45	9.8	57	14.5
Heart disease	91	19.8	95	24.2
Breathing or lung problems	78	17.0	89	22.7
Memory problems	92	20.0	62	15.8
Problems with your feet	93	20.2	103	26.2
Parkinson' s disease	4	0.9	4	1.0
Multiple Sclerosis	2	0.4	2	0.5

The percentage of respondents reporting anyone 60 or older in the household suffering from dementia increased from 2.2% (N=10) in 1995 to 4.8% (N=19) in 2004.

Respondents were presented with a list of activities of daily living, and asked if they could perform each of the activities "alone," "with some assistance" or "not at all." These questions were also asked for everyone in the household 60 years of age and older. In 1995, 10.5% of respondents and householders over age 60 (N=76) needed assistance with three or more of these activities. In 2004, 16.2% of respondents and householders over age 60 (N=99) needed the same level of assistance. Once again, this could be related in part to the older participants in the 2004 sample.

The percentage of respondents who report that they have regular physicians increased from 92.8% (N=427) in 1995 to 97.7% (N=384) in 2004. The percentage of respondents who reported having difficulty in obtaining needed health care services remained fairly stable, at 5.2% (N=24) in 1995 and 5.1% (N=20) in 2004.

Respondents were asked whether they agreed with the following statement: "Compared to most people, I get down in the dumps too often." In 1995, 8.9% (N=41) agreed with this statement, while in 2004, 7.6% (N=30) agreed. However, of those who agreed,

respondents in the 2004 survey were more likely to have talked about feeling "down in the dumps" with someone (56.7%; N=17) than respondents in the 1995 survey (39.6%; N=21).

**I. Caregiving** The rate of respondents who were caring for grandchildren increased from 1995 to 2004, as did the rate of those caregiving at a distance. A comparison of caregiving activities in 1995 and 2004 can be seen in Table 49.

<b>Table 49 Caregiving in 1995 &amp; 2004</b>				
	<b>1995</b>		<b>2004</b>	
	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>
Caring for Grandchildren	66	14.3	77	19.6
Caregiving for Someone 60+ in Tompkins County	37	8.0	30	7.6
Caregiving for Someone 60+ More Than 1 Hour Away	13	2.8	15	3.8
Caregiving for Someone 60+ in Household	34	7.4	23	5.9

**J. Awareness of Services** Respondents were read a list of services and programs available in Tompkins County, and asked whether they knew about each of them. Table 50 displays the rates of response for knowledge of each service. Public awareness of the HEAP and EPIC programs have increased by 20% or more, while awareness of the Adult Day Program decreased by 10%, indicating that more public education and outreach is needed in this latter area.

<b>Table 50 Knowledge of Services and Programs in 1995 &amp; 2004</b>				
	<b>1995</b>		<b>2004</b>	
	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>
Adult Day Program	321	69.8	235	59.8
Hospice Care	419	91.1	364	92.6
Respite Care	211	45.9	206	52.4
Suicide Prevention Telephone Hotline	389	84.6	332	84.5
SSI (Supplemental Security Income)	338	73.5	279	71.0
HEAP (Home Energy Assistance Program)	287	62.4	324	82.4
Gadabout	446	97.0	374	95.2
EPIC (Elderly Pharmaceutical Insurance Coverage)	166	36.1	225	57.3
Foodnet Home Delivered Meals	419	91.1	362	92.1

**K. Health Insurance** Rates of insurance coverage under Medicare Part A and B

were similar in 1995 and 2004, while those covered by Long Term Care Insurance and other health insurance increased. See Table 51.

<b>Table 51 Health Insurance Coverage in 1995 &amp; 2004</b>				
	<b>1995</b>		<b>2004</b>	
	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>
Medicare Part A coverage for hospital bills?	366	79.6	303	77.1
Medicare Part B coverage for doctor bills?	345	75.0	292	74.3
Medicaid coverage for health care?	34	7.4	17	4.3
Other health insurance to supplement Medicare such as Blue Cross/Blue Shield, AARP, etc.?	387	84.1	302	76.8
Long Term Care Insurance?	49	10.7	73	18.6
Any other Medical Insurance coverage?	51	11.1	89	22.7
No insurance reported	5	1.1	3	0.8

Respondents were asked whether they needed help in understanding their health insurance or in deciding whether to purchase additional coverage. In 1995, 9.8% of respondents (N=45) reported such a need, while in 2004, 19.1% of respondents (N=75) did. This could be due to the increasing complexity of the Medicare Program. One should also note that the 2004 survey was conducted in the midst of publicity about changes in Medicare prescription drug coverage, and therefore public concern was very high.

## **VI. Conclusion**

This survey was conducted in order to gauge the current situation of the 60+ population in Tompkins County, to examine trends since the previous survey, to consider needs in terms of current resources, and to make recommendations accordingly.

**A. Baseline Data** The survey collected baseline data in a number of new areas, including: plans to move, out-of-town medical transportation, emergency preparedness, mental health, food insecurity, alcohol consumption, conflict resolution and prescription drug coverage. This data is useful primary information in these respective areas, where many of our assumptions before had been speculative.

**B. Positive Trends** The survey uncovered trends which point toward incremental improvements in the following areas: employment, isolation, depression, activities and fear of crime.

The percentage of employed seniors increased by 4.9% between 1995 and 2004, with

the largest increase being in part-time employment. This can be interpreted to mean that as seniors are living longer and healthier lives, they are working well into the traditional retirement years. It may also indicate that more seniors need to continue working out of financial necessity.

The number of people who scored three or more on the Isolation Index dropped by 0.8% from 1995 to 2004. The number of respondents who reported feeling "down in the dumps" decreased by 1.3% in that same time period, while a higher percentage of respondents reported talking about their feelings in 2004 than in the previous study. At the same time, seniors reported engaging in more physical and social activities in 2004 than in the past. While reading still topped the list of favorite pastimes, respondents of the 2004 survey also reported "taking walks" and "socializing with friends" as among their most frequent activities, as compared with "watching television" and "listening to the radio" in 1995.

Finally, fear of crime diminished between 1995 and 2004, and did not appear to be a significant factor for respondents who reported that they avoid going out at night, avoid using public transportation or avoid leaving home.

Taken together, these trends point toward a senior population that is on the whole, more involved in the workforce, somewhat less isolated and depressed, somewhat more physically and socially active, and less fearful of crime.

**C. Problem Areas** At the same time, more negative trends indicate serious problem areas in the arenas of housing, transportation, health, help with health insurance and grandparents raising grandchildren.

**1. Housing Issues** In 1995, 17.4% of respondents stated a need for major home repair, and in 2004, 30.9% of respondents reported that same need. Cost continues to be the major factor why these repairs are not completed. For seniors who are "house rich" but "cash poor," and living on fixed incomes, the cost of home repair can be prohibitive.

Secondly, Housing Cost Burden increased by 6.9% between 1995 and 2004, indicating that expenses related to housing costs (electricity rates, fuel oil and natural gas prices, rental costs, property assessments and property taxes) increased at a greater pace than incomes over this time period. These trends occur at the same time that Federal changes to the

Section 8 voucher program have greatly decreased the availability of affordable rental housing in Tompkins County.

**2. Transportation Problems** The 2004 survey indicated that a greater percentage of respondents (16.3%; N=64) were driven by others than in 1995 (10.9%; N=50). The percentage of respondents reporting transportation problems either "most of the time" or "sometimes" increased by 4.9% in that same time period. The main reasons given for these transportation problems in 2004 were "no one to drive me" and "health problems." These trends are indicative of the greater number of older seniors in the 2004 population, and the related health and mobility problems that may occur when seniors are no longer able to drive themselves. As the demographics continue to change in this direction, with higher numbers of older seniors in the population who are unable to drive, the demand for alternative methods of transportation will continue to grow.

**3. Health Issues** Frequencies of chronic diseases increased across most every category between 1995 and 2004, including Diabetes (3.3% increase), Glaucoma (0.4%), Other eye problems (2.8%), Hearing problems (3.9%), Effects of a stroke (1.3%), High blood pressure (10.6%), Arthritis (7.1%), Osteoporosis (7.3), Cancer (4.7%), Heart disease (4.4%), Breathing or lung problems (5.7%), Foot problems (6%), Parkinson' s Disease (0.1%), Multiple Sclerosis (0.1%), and Alzheimer' s or other dementia (in household) (2.6%). Related to this, there was a 5.7% increase in seniors who needed help with three or more activities of daily living. These results are indicative of the aging of the senior population since 1995, the growth in numbers of the "oldest old," and the related health problems and needs that come with increasing age. These results underscore the burden that will continue to be placed on the health care system as the population ages. The demand for adequate, skilled staffing in all sectors of the long term care industry to meet these needs cannot be overstated.

**4. Help With Health Insurance** From 1995 to 2004, there was a 9.3% increase in seniors who needed help in understanding their health insurance coverage. Additionally, the 2004 survey revealed that only 38.9% of seniors were aware of the Health Insurance Information Counseling and Assistance Program (HIICAP). This indicates that more attention and publicity need to be focused in this area.



## **5. Caregiving Concerns / Grandparents Caring for Grandchildren**

The survey revealed that 17.3% of respondents provided care for another older person, either in their household, in Tompkins County, or at a distance. Extrapolated to the County as a whole, some 2,071 seniors are providing unpaid care for other seniors. As the baby boom generation reaches its elder years, and the ratio of younger caregivers to older adults decreases, it will become more important than ever to support these informal caregivers who provide the majority of care to seniors.

The percentage of grandparents caring for grandchildren increased by 5.3% between 1995 and 2004. For the first time there is baseline data on the number of hours of care that these grandparents provide weekly. From the data we can extrapolate that approximately 2,346 seniors provide care for their grandchildren. Of these, 1,580 provide less than 10 hours of care per week, 550 provide between 10 and 30 hours of care per week, while another 215 seniors provide over 40 hours per week, and consider themselves to be the primary caregivers. It is important to investigate whether the supports that are currently offered to grandparents are adequate to meet these numbers.

## **VI. Recommendations**

1. THAT COFA work to educate legislators, health and human service providers and other community leaders about the oncoming rise in the 60+ population, and the related effects on every sector of society, in order that coordinated planning efforts can take place.
2. THAT COFA convene County home repair agencies to explore revenue sources and to assess coordination of services in order to provide additional home repair assistance to low income clients. THAT COFA educate Federal, New York State and Tompkins County government to support, beyond current efforts, programs providing home repair assistance to low-income seniors to meet the continued and growing need for such services.
3. THAT COFA and others educate Federal, New York State and Tompkins County government to direct funding toward in-home assistance to help maintain seniors living independently within their homes. There is a current waiting list for such services, and this need will only grow as the population ages.
4. THAT COFA inform County legislators and planners of the increased housing

cost burden that many seniors face as in the context of the affordable housing problem in Tompkins County.

5. THAT COFA, the Health Department and the Department of Emergency Response use the data from this survey to improve upon emergency planning efforts to meet the needs of Tompkins County seniors.

6. THAT COFA continue to make supports for informal caregivers a priority, as they provide the majority of unpaid personal care to seniors. Additionally, COFA should investigate community supports for grandparents raising grandchildren and, if necessary, increase efforts to provide outreach and support.

7. THAT COFA and Lifelong increase publicity and outreach efforts for the Health Insurance Information, Counseling and Assistance Program (HIICAP) to better meet the needs of seniors requiring help with health insurance issues.

8. THAT COFA and others increase efforts to publicize supports for seniors with depression and anxiety. That health professionals and other community gatekeepers continue to be educated regarding available supports.

9. THAT COFA and the Tompkins County Health Planning Council continue to publicize options regarding prescription drug coverage and options for finding lower cost medications.

10. THAT COFA encourage Gadabout and ADA Paratransit to consider ways to enrich or expand transportation services.

## Appendix A

Interviewer \_\_\_\_\_ Phone Number \_\_\_\_\_

ID \_\_\_\_\_

### TOMPKINS COUNTY SENIOR NEEDS INTERVIEW

#### If Appropriate

Hello, my name is \_\_\_\_\_. May I speak with \_\_\_\_\_? I am calling on behalf of the Tompkins County Office for the Aging. We are concerned about the needs of Tompkins County's older residents, and we're conducting a telephone survey of households in the County where someone 60 or older lives. We sent you a letter saying that we would be calling. Your telephone number was selected by Office for the Aging staff at random from a list of residents 60 and older. Your answers will be confidential. We will need about 30 minutes of your time. Is this a good time for that?

(If "no," set appointment and record on top of paper.)

(If elderly person is unable to speak on telephone due to health or other reasons, ask:)

Who would be the best person to answer questions about Mr./Mrs. \_\_\_\_\_?

Informant's relationship to elderly person \_\_\_\_\_.

Reason elderly person cannot answer for himself/herself \_\_\_\_\_.

\_\_\_\_\_.

If "yes" make sure respondent is seated and comfortable, and begin interview.

---

1. First of all, in which town do you live, or do you live in the City of Ithaca?

Town	Frequency	Percent*
Caroline	12	3.1
Danby	14	3.6
Dryden	76	19.4
Enfield	15	3.8
Groton	22	5.6
Ithaca City	77	19.6
Ithaca Town	79	20.1
Lansing	46	11.7
Newfield	21	5.3
Ulysses	31	7.9
Total	393	100

\*Percentages may not add to 100 throughout due to rounding.

Household Size	Frequency	Percent
1	134	34.1
2	230	58.5
3	23	5.9
4	4	1.0
6	1	0.3
7	1	0.3
Total	393	100

2. Who lives in your household on a regular basis? We don' t need names, just ages, sex and their relationship to you. (Confirm respondent' s age)

Household Composition	Male		Female		Total
	Frequency	Percent	Frequency	Percent	
Primary Respondent	158	39.7%	235	59.8%	393
Spouse or Partner	117	48.8%	123	51.2%	240
Child	19	55.9%	15	44.1%	34
Grandchild	7	50%	7	50%	14
Sibling	2	50%	2	50%	4
Parent of Respondent or Spouse	1	50%	1	50%	2
Other Relative	3	75%	1	25%	4
Non-Relative			1	100%	1

3. (Unless already established) Are you now married, partnered, widowed, divorced, separated, or never married?

Marital Status	Frequency	Percent
Married	232	59.0
Partnered	9	2.3
Widowed	100	25.5
Divorced	35	8.9
Separated	3	0.8
Never Married	13	3.3
No Answer	1	0.3
Total	393	100

4. What is the highest level of education you have completed?

<b>Educational Level</b>	<b>Frequency</b>	<b>Percent</b>
Eight years or less	11	2.8
Some high school	37	9.4
Completed high school	107	27.2
Some college	80	20.4
College degree	53	13.5
Some graduate work	21	5.3
Master' s degree	41	10.4
Doctorate or Senior Professional degree	43	10.9
Total	393	100

5. About your employment, are you currently in paid employment?

<b>Employment Status</b>	<b>Frequency</b>	<b>Percent</b>
Yes	97	24.7
No	296	75.3
Total	393	100

If "yes," go to 5A

If "no," go to 6

5A Full or Part-time?

<b>Full or Part Time</b>	<b>Frequency</b>	<b>Percent</b>
Full Time	46	47.4
Part Time	48	49.5
No answer	3	3.1
Total	97	100

6. (If person not employed) Would you like to be employed?

<b>Want employment?</b>	<b>Frequency</b>	<b>Percent</b>
Yes	28	9.5
No	267	90.2
No answer	1	0.3
Total	296	100

If "yes," go to 6A

If "no," go to 7

6A Full or Part-time?

Full or Part Time	Frequency	Percent
Full Time	1	3.6
Part Time	22	78.6
No answer	5	17.9
Total	28	100

7. During the last six months, have you been looking for part or full time work?

Looking for work	Frequency	Percent
Yes, full time	0	0
Yes, part time	9	2.3
Yes, either full or part-time	1	0.3
No, not looking	381	97.0
No answer	2	0.5
Total	393	100

8. What is the job you did most of your life? Record response and code

Life Job	Frequency	Percent
Agriculture, forestry, fishing and hunting, and mining	13	3.3
Construction	13	3.3
Manufacturing	32	8.1
Wholesale trade	2	0.5
Retail Trade	16	4.1
Transportation and warehousing and utilities	14	3.6
Information	14	3.6
Finance, insurance, real estate and rental and leasing	27	6.9
Professional, scientific, management, administrative and waste management services	41	10.4
Educational, health and social services	119	30.3
Arts, entertainment, recreation, accommodation and food services	25	6.4
Public administration	12	3.1
Other services	42	10.7
Never worked outside the home	23	5.9
Total	393	100

9. Do you live in:

Housing Type	Frequency	Percent
A single family home	283	72.0
Two or three family home	16	4.1
Apartment	46	11.7
Mobile home	27	6.9
A room in a residential hotel or rooming house	1	0.3
A room in the home of a relative or friend	2	0.5
Kendal life care community	13	3.3
Condominium	5	1.3
Total	393	100

10. Do you own or pay rent on your house (apartment) or is rent provided free?

Ownership Status	Frequency	Percent
Own	319	81.2
Rent	69	17.6
Rent free	5	1.3
Total	393	100

(If mobile home, include rent on lot)

**If Renter**

10A How much rent do you pay per month?

\_\_\_\_\_ annualized

Annualized Rent	Frequency	Percent
Under \$3,000	20	27.8
\$3-5,000	11	15.3
\$5-7,000	10	13.9
\$7-9,000	4	5.6
Over \$9,000	19	26.4
No answer	8	11.1
Total	72	100

11. Does your home need any major repairs, that is, something you think would cost \$500 or more to fix, like a new roof, heating system or septic?

Major Repairs	Frequency	Percent
Yes	121	30.9
No	262	66.7
No answer	10	2.5
Total	393	100

1. Yes (Go to 12)
2. No (Go to 13)

12. Why hasn't this been repaired?

<b>Why not repaired, major</b>	<b>Frequency</b>	<b>Percent</b>
High cost	54	44.6
No one to do it	4	3.3
Haven't gotten around to it	43	35.5
In process of completing	5	4.1
Waiting for good weather/spring	8	6.6
Landlord hasn't completed repairs	3	2.5
Unable to complete due to illness/disability	1	0.8
Repair person didn't fix sufficiently	1	0.8
No answer	2	1.7
Total	121	100

13. Does your home need any small repairs that you yourself are unable to take care of?

<b>Small Repairs</b>	<b>Frequency</b>	<b>Percent</b>
Yes	82	20.9
No	299	76.1
No answer	12	3.1
Total	393	100

14. Why hasn't this been repaired?

<b>Why not repaired, small</b>	<b>Frequency</b>	<b>Percent</b>
High cost	26	31.3
No one to do it	10	12.1
Haven't gotten around to it	34	41.0
Other	2	2.4
In process of completing	2	2.4
Waiting for good weather/spring	1	1.2
Landlord hasn't completed repairs	2	2.4
Unable to complete due to illness/disability	3	3.6
No answer	3	3.6
Total	83	100

15. Is your home fully insulated?

<b>Home insulated</b>	<b>Frequency</b>	<b>Percent</b>
Yes	314	79.9
No	61	15.5
Don't know	15	3.8
No answer	3	0.8
Total	393	100



16. Are you planning to move in the next 5 years?

<b>Planning to move</b>	<b>Frequency</b>	<b>Percent</b>
Yes	55	14.0
No	337	85.8
No answer	1	0.3
Total	393	100

(If yes, go to 17)

(If no, go to 20)

17. What is your main reason for moving? (choose one)

<b>Main reason for moving</b>	<b>Frequency</b>	<b>Percent</b>
To be closer to family	4	7.3
To be in a warmer climate	7	12.7
To reduce maintenance and upkeep	17	30.9
Because of changes in my health	12	21.8
Because of changes in my finances	2	3.6
Other	9	16.4
Taxes too high	2	3.7
No answer	2	3.7
Total	55	100

18. Do you plan to stay in Tompkins County?

<b>Staying in Tompkins County</b>	<b>Frequency</b>	<b>Percent</b>
Yes	35	63.6
No	18	32.7
No answer	2	3.6
Total	55	100

Yes (go to #19)

No (go to #20)

19. Into what kind of housing do you plan to move (single family home, apartment, senior housing complex, Kendal, Alterra, Longview, Titus Towers, McGraw House assisted living, etc.) (Record response:)

Type of housing	Frequency	Percent
McGraw House	2	5.4
Juniper Manor	1	2.7
Single family home	9	24.3
Condominium	3	8.1
Mobile home/double wide	2	5.4
Apartment	6	16.2
Kendal	4	10.8
Longview	1	2.7
Senior housing complex	7	18.9
No answer	2	5.41
Total	37	100

20. **If Home Owner**

Can you tell me how much your monthly mortgage payment is?\_\_\_\_\_

\_\_\_\_\_ Annualized total

99999 No answer

00001 No mortgage

21. **If Home Owner**

About how much is your yearly home insurance payment?

\_\_\_\_\_

9999 No answer

22. **If Home Owner**

About how much do you pay each month for:

Electric & Gas\_\_\_\_\_

Oil\_\_\_\_\_

Wood\_\_\_\_\_

Other\_\_\_\_\_

9999 No answer

\_\_\_\_\_ Annualized total

23. **If Home Owner**

About how much property tax (including school tax) do you pay per year?

\_\_\_\_\_

9999 No answer

23A. Is that figure included in the monthly mortgage figure already provided?

1 Yes

2 No

9 No answer

(If yes, subtract amount from total in #20 and record new amount in #20)

24. **If Renter**

Are electric and gas included in monthly rental?

Utilities included	Frequency	Percent
Yes	44	59.5
No	26	35.1
Combo	4	5.4
Total	74	100

25. **If Renter**

If not included in the rent, how much do you pay each month for:

Electric & Gas \_\_\_\_\_

Oil \_\_\_\_\_

Wood \_\_\_\_\_

Other \_\_\_\_\_

9999 No answer

\_\_\_\_\_ Annualized total

Now I'm going to ask you some questions about getting around.

26. When you need to go somewhere in or around the county, what type of transportation do you usually use?

Transportation type	Frequency	Percent
Car--drive myself	308	78.4
Car--relative or friend drives	64	16.3
Bus	10	2.5
Gadabout	10	2.5
Kendal van	1	0.3
Total	393	100

27. Is transportation a problem for you?

Transportation a problem	Frequency	Percent
Most of the time	7	1.8
Sometimes	36	9.2
Seldom	49	12.5
Never	301	76.6
Total	393	100

If "most of the time" or "sometimes," go to 28. Otherwise go to 29.

28. Why is that?

<b>Why transportation problem</b>	<b>Frequency</b>	<b>Percent</b>
No one to drive me	15	34.9
Inconvenient Gadabout schedule	1	2.3
Costs too much	2	4.7
Other	5	11.6
Winter weather/icy roads	6	14.0
Health problems/trouble walking	10	23.3
Car trouble	2	4.7
No answer	2	2.7
Total	43	100

29. Have you had a problem getting to an out-of-town medical appointment in the past year?

<b>Medical transportation problem</b>	<b>Frequency</b>	<b>Percent</b>
Yes	16	4.1
No	376	95.7
No answer	1	0.3
Total	393	100

30. About how many days per week do you get out of the house?

<b>Days per week out of the house</b>	<b>Frequency</b>	<b>Percent</b>
Every day	205	52.2
Almost every day	106	27.0
One to 3 days	65	16.5
Usually don' t get out	15	3.8
No answer	2	0.5
Total	393	100

31. When weather permits, do you get outside of your home as often as you would like?

<b>Get out as often as would like</b>	<b>Frequency</b>	<b>Percent</b>
Yes	354	90.1
No	37	9.4
No answer	2	0.5
Total	393	100

32. Do you have a neighbor on whom you could call if you suddenly needed help?

<b>Neighbor to call for help</b>	<b>Frequency</b>	<b>Percent</b>
Yes	342	87.0
No	49	12.5
No answer	2	0.5
Total	393	100

33. Do you know one or more of your neighbors well enough to visit with?

<b>Know neighbor to visit</b>	<b>Frequency</b>	<b>Percent</b>
Yes	341	86.8
No	50	12.7
No answer	2	0.5
Total	393	100

34. During the past week, how many times did you visit in person with anyone (friends, neighbors, or a relative who does not live with you) either at your house or their house?

<b>How many times visit in past week</b>	<b>Frequency</b>	<b>Percent</b>
Not at all	80	20.4
Once	55	14.0
2-6 times	181	46.1
Every day	67	17.1
8 or more times	10	2.5
Total	393	100

35. Do you have as much contact as you would like with a person that you feel close to--somebody that you can trust and confide in?

<b>Contact with close person</b>	<b>Frequency</b>	<b>Percent</b>
Yes	355	90.3
No	36	9.2
No answer	2	0.5
Total	393	100

36. Now I'm going to ask you about some things that other people have said they do with their time. Do you, personally, spend a lot of time, some but not a lot, or hardly any time at all on:

	A lot		Some		Hardly		No answer	
	#	%	#	%	#	%	#	%
Just sitting and thinking	75	19.1	139	35.4	178	45.3	1	0.3
Socializing with friends	131	33.3	209	53.2	53	13.5		
Caring for younger or older family member	69	17.6	74	18.8	248	63.1	2	0.5
Watching television	131	33.3	190	48.4	72	18.3		
Watching video tapes	12	3.1	103	26.2	278	70.7		
Listening to the radio	127	32.3	151	38.4	114	29.1	1	0.3
Taking walks	147	37.4	130	33.1	116	29.5		
Dancing	7	1.8	21	5.3	364	92.6	1	0.3
Individual exercise such as jogging or home exercise	108	27.5	117	29.8	167	42.5	1	0.3
Group exercise such as an aerobic or exercise class	36	9.2	31	7.9	324	82.4	2	0.5
Gardening	113	28.8	112	28.5	167	42.5	1	0.3
Sewing	39	9.9	78	19.9	273	69.5	3	0.8
Reading	232	59.0	120	30.5	39	9.9	2	0.5
Community activities	56	14.3	118	30.0	219	55.7		
Political activities	6	1.5	61	15.5	323	82.2	3	0.8
Taking classes or courses	16	4.1	50	12.7	324	82.4	3	0.8
Volunteering	48	12.2	100	25.5	241	61.3	4	1.0
Going to movies	8	2.0	79	20.1	305	77.6	1	0.3
Attending concerts or recitals	35	8.9	142	36.1	214	54.5	2	0.5

37. When did you last attend each of the following? Within the last day or two, within the last week or two, a month ago, two or three months ago, longer than that, or never

	Day or two		Week or two		Month ago		2-3 Months ago		Longer than 3 months		Never		No answer	
	#	%	#	%	#	%	#	%	#	%	#	%	#	%
Movie	6	1.5	53	13.5	45	11.5	31	7.9	203	51.6	52	13.2	3	0.8
Shopping	196	49.9	151	38.4	19	4.8	6	1.5	14	3.6	6	1.5	1	0.3
Senior Citizens' Center, Group, Unit Activity	17	4.3	45	11.4	18	4.6	11	2.8	82	20.9	215	54.7	5	1.3
Other Clubs	26	6.6	52	13.2	37	9.4	9	2.3	83	21.1	183	46.6	3	0.8
Restaurant	107	27.2	179	45.5	49	12.5	12	3.0	36	9.2	9	2.3	1	0.3
Place of worship	44	11.2	106	27.0	20	5.1	22	5.6	113	28.7	85	21.6	3	0.8
Library	26	6.6	55	14.0	35	8.9	21	5.4	147	37.4	105	26.7	4	1.0
Home of a friend, neighbor, or relative	118	30.0	164	41.7	43	11.0	19	4.8	36	9.2	9	2.3	4	1.0

38. In the past year, did you take any courses, workshops or seminars?

Courses, workshops, seminars	Frequency	Percent
Yes	91	23.2
No	298	75.8
No answer	4	1.0
Total	393	100

39. During the past month or two, how many hours a week have you spent in volunteer activities-- either in your home, at a church, club, organization or anywhere else?

Would you say:

Hours volunteering per week	Frequency	Percent
Hardly any	254	64.6
1-3 hours per week	73	18.6
4-6 hours per week	42	10.7
7-9 hours per week	8	2.0
10-12 hours per week	7	1.8
13 or more hours per week	8	2.0
No answer	1	0.3
Total	393	100

40. Do you avoid going out at night?

<b>Avoid going out at night</b>	<b>Frequency</b>	<b>Percent</b>
Yes	190	48.3
No	189	48.1
Sometimes	14	3.6
Total	393	100

40A. If "yes" or "sometimes," why?

<b>Why avoid going out at night</b>	<b>Frequency</b>	<b>Percent</b>
Poor driving vision	72	35.3
Lack of transportation	9	4.4
No one to go with	12	5.9
Fear of crime	9	4.4
Winter weather	29	14.2
Other	9	4.4
Prefer to stay at home	15	7.4
Too tired	6	2.9
Disability/illness	19	9.3
No reason to go	8	3.9
Don' t like to drive at night	8	3.9
Not comfortable in dark	8	3.9
Total	204	100

41. Do you avoid using public transportation?

<b>Avoid using public transportation</b>	<b>Frequency</b>	<b>Percent</b>
Yes	137	34.9
No	246	62.6
Sometimes	7	1.8
No answer	3	0.8
Total	393	100

41A. If "yes" or "sometimes," why?

<b>Why avoid using public transportation</b>	<b>Frequency</b>	<b>Percent</b>
Not available	17	11.8
Doesn' t come at convenient times	16	11.1
Don' t need to	85	59.0
Other	7	4.9
Disability/illness	14	9.7
Difficulty getting on with wheelchair	2	1.4
No answer	3	2.1
Total	144	100



42. Do you avoid leaving home?

<b>Avoid leaving home</b>	<b>Frequency</b>	<b>Percent</b>
Yes	42	10.7
No	337	85.8
Sometimes	10	2.5
No answer	4	1.0
Total	393	100

42A. If "yes" or "sometimes," why?

<b>Why avoid leaving home</b>	<b>Frequency</b>	<b>Percent</b>
Lack of transportation	4	7.7
Fear of crime	1	1.9
Fear of snow and ice	8	15.4
Disability, illness	19	36.6
Other	1	1.9
Prefer to be home	7	13.5
Nobody to go with	2	3.9
No need to leave	2	3.8
No answer	8	15.4
Total	52	100

43. Now I want to ask you a question about emergency planning for an event such as a severe winter storm which might disrupt the power supply. If this kind of event occurred, would you be prepared with adequate supplies for three days? (Supplies include water, non-perishable food, medicines, tools and supplies, clothing and bedding)

<b>Prepared for emergency</b>	<b>Frequency</b>	<b>Percent</b>
Yes	349	88.8
No	38	9.7
No answer	6	1.5
Total	393	100

Now a few questions about your health:

44. Do you have any of the following health problems?

	Yes		No		No answer	
	#	%	#	%	#	%
Diabetes	47	12.0	346	88.0		
Glaucoma	24	6.1	369	93.9		
Other eye problems	128	32.6	264	67.2	1	0.3
Hearing problems	140	35.6	253	64.4		
Effects of a stroke	18	4.6	374	95.2	1	0.3
High blood pressure	187	47.6	205	52.2	1	0.3
Arthritis	227	57.8	165	42.0	1	0.3
Osteoporosis	79	20.1	314	79.9		
Teeth problems	67	17.1	325	82.7	1	0.3
Cancer	57	14.5	336	85.5		
Heart disease	95	24.2	298	75.8		
Breathing or lung problems	89	22.7	304	77.4		
Memory problems	62	15.8	329	83.7	2	0.5
Problems with your feet	103	26.2	286	72.8	4	1.0
Parkinson' s disease	4	1.0	388	98.7	1	0.3
Multiple Sclerosis	2	0.5	389	99.0	2	0.5
Feeling depressed	66	16.8	326	83.0	1	0.3
Feeling anxious	82	20.9	310	78.9	1	0.3

45. Is there anyone 60 or older in the household who is suffering from Alzheimer' s or other dementia?

Alzheimer's/dementia in household	Frequency	Percent
Yes	19	4.8
No	368	93.6
No answer	6	1.5
Total	393	100

46. Do you have a regular physician who coordinates all your health care needs?

Regular physician	Frequency	Percent
Yes	384	97.7
No	9	2.3
Total	393	100

If "yes," go to 46A

46A. What is that physician' s specialty area?

<b>Physician's specialty area</b>	<b>Frequency</b>	<b>Percent</b>
General or family medicine practitioner	235	61.2
Internal Medicine/ Internist	122	31.8
Other	9	2.3
Don' t know	3	0.8
Oncology	7	1.8
Cardiology	2	0.5
Endocrinology	4	1.0
Gerontology/Geriatrics	2	0.5
Total	384	100

47. Do you have difficulty in obtaining needed health care services?

<b>Difficulty Obtaining Health Care</b>	<b>Frequency</b>	<b>Percent</b>
Yes	20	5.1
No	373	94.9
Total	393	100

If "yes," go to 47A

47A. Why?

<b>Why difficulty obtaining health care</b>	<b>Frequency</b>	<b>Percent</b>
Lack of transportation	3	15.0
Financial problems	3	15.0
Can' t get in to see the physician	4	20.0
Not sure where to obtain care	1	5.0
Other	3	15.0
No health insurance	2	10.0
No answer	4	20.0
Total	20	100

48. About how long has it been since you last saw or talked to a medical doctor or other health professional?

<b>How long since visited doctor</b>	<b>Frequency</b>	<b>Percent</b>
Within the last year	378	96.2
Within the last 2 years	8	2.0
Longer than 2 years	6	1.5
No answer	1	0.3
Total	393	100

49. Which of the following best describes your use of cigarettes, pipes or cigars?

<b>Tobacco usage</b>	<b>Frequency</b>	<b>Percent</b>
I have never smoked	184	46.8
I have smoked 100 cigarettes or more, but don' t smoke now	172	43.8
I occasionally smoke	8	2.0
I smoke daily	29	7.4
Total	393	100

I have never smoked (go to #53)

I have smoked 100 cigarettes or more, but don' t smoke now (go to #52)

I occasionally smoke (go to #50)

I smoke daily (go to #50)

50. How many cigarettes do you smoke now during an average day?

<b>Smoke per day</b>	<b>Frequency</b>	<b>Percent</b>
5 or less	7	18.9
Between 5 and 15	10	27.0
About a pack (20 cigarettes)	14	37.8
Between 1 and 2 packs a day	4	10.8
No answer	2	5.4
Total	37	100

51. How many years have you smoked?

<b>Years smoked (current smokers)</b>	<b>Frequency</b>	<b>Percent</b>
1-10	2	5.4
11-20	2	5.4
21-30	3	8.1
31-40	3	8.1
41-50	13	35.1
51-60	9	24.3
61-70	4	10.8
71-80	1	2.7
Total	37	100

(Go to #53)

52. For how many years did you smoke?

<b>Years smoked (former smokers)</b>	<b>Frequency</b>	<b>Percent</b>
1-10	51	29.6
11-20	44	25.6
21-30	32	18.6
31-40	25	14.5
41-50	15	8.7
51-60	3	1.7
61-70	1	0.6
No answer	1	0.6
Total	172	100

Now I'm going to ask a few questions about food and nutrition.

53. Do you usually eat at least two balanced meals including fruits and vegetables every day?

<b>Eat two balanced meals</b>	<b>Frequency</b>	<b>Percent</b>
Yes	350	89.1
No	43	10.9
Total	393	100

54. In the last 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

<b>Cut or skip meals</b>	<b>Frequency</b>	<b>Percent</b>
Yes	8	2.0
No	384	97.7
No answer	1	0.3
Total	393	100

54A If yes, How often did this happen?

<b>How often cut or skip meals</b>	<b>Frequency</b>	<b>Percent</b>
Almost every month	3	37.5
Some months but not every month	1	12.5
In one or 2 months	1	12.5
No answer	3	37.5
Total	8	100

55. How many alcoholic beverages do you consume on an average day?  
 \_\_\_\_\_ (record number)

Alcoholic beverages per day	Frequency	Percent
None	265	67.4
<1 per day	43	10.9
1	57	14.5
2	19	4.8
3	5	1.3
4	1	0.3
5	1	0.3
6	1	0.3
No answer	1	0.3
Total	393	100

And now I'm going to ask a few questions about caregiving.

56. Are you caring for any grandchildren? (If asked, includes "baby-sitting")

Caring for grandchildren	Frequency	Percent
Yes	77	19.6
No	314	79.9
No answer	2	0.5
Total	393	100

(if "yes," go to 56A)

(if "no," go to 57)

56A For how many hours per week?

Hours caring for grandchildren	Frequency	Percent
Less than 10	52	67.5
10-20 hours per week	14	18.2
30-40 hours per week	4	5.2
More than 40 hours per week	7	9.1
Total	77	100

56B. Are you the primary caregiver for this grandchild?

Primary caregiver for grandchild	Frequency	Percent
Yes	7	9.1
No	68	88.3
No answer	2	2.6
Total	77	100

57. Are you caring for anyone 60 or older in or near Tompkins County, say, no more than an hour away?

(If respondent asks what is meant by "caring for," say, "activities such as dressing, bathing, toilet help, direct financial support or managing person's finances, household chores inside or outside, moving around, transportation, administering medicines, visits, making or receiving phone calls for the person, shopping, filling out insurance and legal forms, help in searching for new living arrangements.")

Caregiving in Tompkins County	Frequency	Percent
Yes	30	7.6
No	361	91.9
No answer	2	0.5
Total	393	100

58. Are you caring for anyone 60 or older more than an hour away?

Caregiving more than hour away	Frequency	Percent
Yes	15	3.8
No	374	95.2
No answer	4	1.0
Total	393	100

59. Are you caring for anyone 60 or older in your household?

Caregiving in household	Frequency	Percent
Yes	23	5.9
No	364	92.6
No answer	6	1.5
Total	393	100

60. I'm going to read a list of services or programs we have in the County, and ask if you know about each of them:

	Yes		No		No answer	
	#	%	#	%	#	%
Adult Day Program	235	59.8	154	39.2	4	1.0
Hospice Care	364	92.6	27	6.9	2	0.5
Respite Care	206	52.4	185	47.1	2	0.5
Suicide Prevention Telephone Hotline	332	84.5	58	14.8	3	0.8
SSI (Supplemental Security Income)	279	71.0	110	28.0	4	1.0
HEAP (Home Energy Assistance Program)	324	82.4	68	17.3	1	0.3
Gadabout	374	95.2	16	4.1	3	0.8
Health Insurance Counseling	153	38.9	238	60.6	2	0.5
EPIC (Elderly Pharmaceutical Insurance Coverage)	225	57.3	165	42.0	3	0.8
Foodnet Home Delivered Meals	362	92.1	27	6.9	4	1.0
Long Term Care Services	277	70.5	112	28.5	4	1.0
Mediation through Community Dispute Resolution Center (CDRC)	185	47.1	204	51.9	4	1.0

61. Now I'm going to read a statement to you and ask if you agree or disagree.  
 "Compared to most people, I get down in the dumps too often." Do you agree or disagree?

Down in the dumps	Frequency	Percent
Agree	30	7.6
Disagree	358	91.1
Not sure	3	0.8
No answer	2	0.5
Total	393	100

If "agree," go to 62, otherwise go to 64.

62. Have you talked about feeling "down in the dumps" or your problems with anyone?

Talked with anyone	Frequency	Percent
Yes	17	56.7
No	13	43.3
Total	30	100

If "yes," go to 63.



63. To whom?

Who talked	Frequency	Percent
Friend	4	23.5
Relative	5	29.4
Therapist or counselor	2	11.8
Other	2	11.8
Physician	4	23.5
Total	17	100

64. Have you had a conflict that you don't know what to do about? The conflict could be, for example, with a family member, friend, neighbor, someone at your place of worship or community center, a landlord or health care provider or at a place of business.

Had a conflict	Frequency	Percent
Yes	52	13.2
No	340	86.5
No answer	1	0.3
Total	393	100

64A (If yes) Would you use the services of a trained mediator to help with this conflict?

Use mediator	Frequency	Percent
Yes	20	38.5
No	28	53.9
No answer	4	7.7
Total	52	100

And now I'm going to ask a few questions about health care coverage.

65. Do you have:

	Yes		No		No Answer	
	#	%	#	%	#	%
Medicare Part A coverage for hospital bills?	303	77.1	86	21.9	4	1.0
Medicare Part B coverage for doctor bills?	292	74.3	96	24.4	5	1.3
Medicaid coverage for health care?	17	4.3	359	91.4	17	4.3
Other health insurance to supplement Medicare such as Blue Cross/Blue Shield, AARP, etc.?	302	76.8	85	21.6	6	1.5
Long Term Care Insurance?	73	18.6	309	78.6	11	2.8
Any other Medical Insurance coverage?	89	22.7	298	75.8	6	1.5

66. Do you need help in understanding your health insurance coverage, or in deciding whether to purchase additional health insurance?

<b>Need help with insurance</b>	<b>Frequency</b>	<b>Percent</b>
Yes	75	19.1
No	316	80.4
No answer	2	0.5
Total	393	100

67. Do you need help in filling out your claim forms?

<b>Need help with claim forms</b>	<b>Frequency</b>	<b>Percent</b>
Yes	51	13.0
No	338	86.0
No answer	4	1.0
Total	393	100

68. Are you enrolled in insurance or in a program that provides prescription drug coverage?

<b>Prescription drug coverage</b>	<b>Frequency</b>	<b>Percent</b>
Yes	343	87.3
No	50	12.7
Total	393	100

- 68A. (If yes) Are you satisfied with your prescription drug coverage?

<b>Satisfied with drug coverage</b>	<b>Frequency</b>	<b>Percent</b>
Yes	306	89.2
No	37	10.8
Total	343	100

69. Do you ever fail to fill a prescription or stretch out your medications to make them last longer than they should because of the cost?

<b>Fail to fill prescriptions</b>	<b>Frequency</b>	<b>Percent</b>
Yes	16	4.1
No	368	93.6
No answer	9	2.3
Total	393	100

70. Now I'm going to read you a list of important activities. After I read each one, please tell me whether (a) you can do it alone, (b) you require some assistance, or (c) you cannot do it at all.

	Can do it Alone		With Some Assistance		Cannot do it at all		No Answer	
	#	%	#	%	#	%	#	%
Walk about the house	383	97.5	4	1.0	5	1.2	1	0.3
Go up and down stairs	355	90.3	14	3.6	19	4.8	5	1.3
Get out of the house	373	94.9	18	4.6	1	0.3	1	0.3
Use transportation	356	90.6	28	7.1	8	2.0	1	0.3
Wash and bathe	382	97.2	8	2.0	2	0.5	1	0.3
Dress and put on shoes	387	98.5	4	1.0	1	0.3	1	0.3
Cut your toenails	336	85.5	20	5.1	36	9.2	1	0.3
Feed yourself	391	99.5					2	0.5
Eat solid foods	391	99.5					2	0.5
Manage your medications	381	97.0	10	2.5	1	0.3	1	0.3
See the television	385	98.0	2	0.5	3	0.5	3	0.8
Use the telephone	389	99.0	1	0.3	2	0.5	1	0.3
Get to the toilet	391	99.5	1	0.3			1	0.3
Shop	348	88.6	29	7.4	15	3.8	1	0.3
Cook meals	362	92.1	20	5.1	10	2.5	1	0.3
Other light housekeeping chores	347	88.3	29	7.4	16	4.1	1	0.3
Handling money or keeping accounts	365	92.9	17	4.3	9	2.3	2	0.5
Heavy chores (e.g. shoveling snow off walk)	215	54.7	54	13.8	120	30.5	4	1.0

<b>Who assists you:</b>	<b>Spouse</b>	<b>Son</b>	<b>Daughter</b>	<b>Other Rel.</b>	<b>Friend</b>	<b>Aide</b>	<b>Other</b>	<b>Combo</b>	<b>No Answer</b>
Walk about house	1								
Go up and down stairs	6	1	1				8		3
Get out of the house	5	2	2	3	3	1	1	1	
Use transportation	12	2	3	3	4	1	2	6	
Wash and bathe	4	1				3		1	
Dress and put on shoes	1	1			1		1		
Cut your toenails	13	1	5		2	1	31		
Feed yourself									
Eat solid foods	1								
Manage your medications	6		2	1	1			1	
See the television	1								
Use the telephone	2								
Get to the toilet	1								
Shop	14	4	8	5	6	1	1	2	
Cook meals	11	3	5	3		1	5		
Other light housekeeping chores	11	3	4	2	1	15	9	1	
Handling money or keeping accounts	13	2	7	3			1		
Heavy chores (e.g. shoveling snow off walk)	21	22	3	18	38	5	54	6	2

<b>Is Helper Paid?</b>	<b>Yes</b>	<b>No</b>	<b>Combo</b>	<b>No Answer</b>
Walk about house		1		
Go up and down stairs		9		3
Get out of the house	2	16		
Use transportation	4	29		
Wash and bathe	3	5	1	1
Dress and put on shoes	1	3		
Cut your toenails	33	20		
Feed yourself				
Eat solid foods	1			
Manage your medications		10	1	
See the television		1		1
Use the telephone		2		
Get to the toilet		1		
Shop	5	35		
Cook meals	7	21		
Other light housekeeping chores	25	21		
Handling money or keeping accounts		26		
Heavy chores (e.g. shoveling snow off walk)	72	90	3	4
Total	153	290	5	9

71. Do you receive any of the following services?

	<b>Yes</b>		<b>No</b>		<b>No answer</b>	
	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>
Nursing care	6	1.5	385	98.0	2	0.5
Home health aides, personal care aides or homemakers	26	6.6	365	92.9	2	0.5
Physical, occupational or speech therapist	19	4.8	372	94.7	2	0.5
Other (specify)	3	0.8	387	98.5	3	0.8

72. What about anyone else in the house over 60? Can he or she (a) do it alone, (b) require some assistance or (c) cannot do it at all.

	Can do it Alone		With Some Assistance		Cannot do it at all		No Answer	
	#	%	#	%	#	%	#	%
Walk about the house	214	96.4	5	2.3	1	0.5	2	0.9
Go up and down stairs	202	91.0	13	5.9	4	1.8	3	1.4
Get out of the house	210	94.6	9	4.1	1	0.5	2	0.9
Use transportation	204	91.9	8	3.6	8	3.6	2	0.9
Wash and bathe	214	96.4	5	2.3	1	0.5	2	0.9
Dress and put on shoes	209	94.1	10	4.5	1	0.5	2	0.9
Cut your toenails	194	87.4	12	5.4	13	5.9	3	1.4
Feed yourself	220	99.1					2	0.9
Eat solid foods	219	98.7			1	0.5	2	0.9
Manage your medications	203	91.4	12	5.4	5	2.3	2	0.9
See the television	218	98.2	1	0.5	1	0.5	2	0.9
Use the telephone	217	97.8	1	0.5	2	0.9	2	0.9
Get to the toilet	219	98.7			1	0.5	2	0.9
Shop	203	91.4	11	5.0	6	2.7	2	0.9
Cook meals	202	91.0	9	4.1	7	3.2	4	1.8
Other light housekeeping chores	199	89.6	11	5.0	8	3.6	4	1.8
Handling money or keeping accounts	197	88.7	11	5.0	10	4.5	4	1.8
Heavy chores (e.g. shoveling snow off walk)	138	62.2	27	12.2	50	22.5	7	3.2

<b>Who assists:</b>	<b>Spouse</b>	<b>Son</b>	<b>Daughter</b>	<b>Other Rel.</b>	<b>Friend</b>	<b>Aide</b>	<b>Other</b>	<b>Combo</b>	<b>No Answer</b>
Walk about house	4		1						
Go up and down stairs	9		1	1		1		1	
Get out of the house	6	1	1	1					
Use transportation	6	3	1		1	1	2		
Wash and bathe	3		1			1			
Dress and put on shoes	7	1	1			1			
Cut your toenails	6	1	2	2		1	10	2	2
Feed yourself									
Eat solid foods	1								
Manage your medications	12		3	1		1			
See the television	1								
Use the telephone	2			1					
Get to the toilet	1								
Shop	10		2	1	1		1		
Cook meals	9		2	2			2		
Other light housekeeping chores	12	1	1			2	2		
Handling money or keeping accounts	16		3	1		1			
Heavy chores (e.g. shoveling snow off walk)	22	6	3	8	8	1	21	6	1

<b>Is Helper Paid?</b>	<b>Yes</b>	<b>No</b>	<b>Combo</b>	<b>No Answer</b>
Walk about house		5		
Go up and down stairs	1	12		
Get out of the house		9		
Use transportation	3	11		
Wash and bathe	1	4		
Dress and put on shoes	1	9		
Cut your toenails	12	11	1	2
Feed yourself				
Eat solid foods		1		
Manage your medications	1	16		
See the television		1		
Use the telephone		3		
Get to the toilet		1		
Shop	1	14		
Cook meals	2	13		
Other light housekeeping chores	4	14		
Handling money or keeping accounts	1	20		
Heavy chores (e.g. shoveling snow off walk)	27	44	3	1
<b>Total</b>	<b>54</b>	<b>188</b>	<b>4</b>	<b>3</b>

73. Does s/he receive any of the following services?

	<b>Yes</b>		<b>No</b>		<b>No answer</b>	
	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>	<b>#</b>	<b>%</b>
Nursing care	3	1.4	213	97.3	3	1.4
Home health aides, personal care aides or homemakers	9	4.1	207	94.5	3	1.4
Physical, occupational or speech therapist	10	4.6	206	94.1	3	1.4
Other (specify)	2	0.9	214	97.7	3	1.4

74. Now, let' s see, there are \_\_\_\_ number of people in your household (including yourself). Thinking about your household' s total yearly income before taxes, does it fall: (ask figures corresponding to number in household): Stop when respondent says "yes."

<b>Household of 1</b>	<b>Frequency</b>	<b>Percent</b>
Under \$9,310	23	17.2
\$9,311-\$20,748	53	39.6
\$20,749- \$41,500	40	29.9
\$41,501-\$63,750	9	6.7
Over \$63,750	1	0.8
No answer	8	6.0
<b>Total</b>	<b>134</b>	<b>100</b>



<b>Household of 2</b>	<b>Frequency</b>	<b>Percent</b>
Under \$12,490	7	3.0
\$12,491-\$27,132	46	20.0
\$27,133-\$47,333	63	27.4
\$47,334-\$63,750	38	16.5
Over \$63,750	61	26.5
No answer	15	6.5
Total	230	100

<b>Household of 3</b>	<b>Frequency</b>	<b>Percent</b>
Under \$15,670	3	13.0
\$15,671-\$33,516	7	30.4
\$33,517-\$53,333	1	4.4
\$53,334-\$63,750	1	4.4
Over \$63,750	8	34.8
No answer	3	13.0
Total	23	100

<b>Household of 4</b>	<b>Frequency</b>	<b>Percent</b>
Under \$18,850	0	0
\$18,851-\$39,900	2	50.0
\$39,901-\$59,167	0	0
\$59,168-\$63,750	1	25.0
Over \$63,750	1	25.0
Total	4	100

<b>Household of 6</b>	<b>Frequency</b>	<b>Percent</b>
Under \$25,210	0	0
\$25,211-\$52,668	1	100
\$52,669-\$68,667	0	0
\$68,668-\$80,000	0	0
Over \$80,000	0	0
Total	1	100

<b>Household of 7</b>	<b>Frequency</b>	<b>Percent</b>
No answer	1	100
Total	1	100

75. Are you of Spanish/Latino origin or descent?

<b>Spanish origin</b>	<b>Frequency</b>	<b>Percent</b>
Yes	8	2.0
No	385	98.0
Total	393	100

76. Do you mind telling me, what is your race?

<b>Race</b>	<b>Frequency</b>	<b>Percent</b>
White or Caucasian	373	94.9
Black or African-American	7	1.8
American Indian/Alaska Native	2	0.5
Asian	3	0.8
Two or more races	6	1.5
No answer	2	0.5
Total	393	100

NOW FINALLY: I'd like to give you the number of the Tompkins County Office for the Aging in case you have any questions about this interview or would like to know about services available. It is: 274-5482. Thank you very much for your cooperation.

Time Completed:

Interviewer Comments:

Appendix B

**Tompkins County  
Office for the Aging**

320 N. Tioga Street  
Ithaca, NY 14850-4207  
607-274-5482  
FAX 607-274-5495

Dear Resident:

The Tompkins County Office for the Aging is conducting a telephone survey of County residents 60 years and older about their status in 2004. Your name was selected at random from a list of older residents. We will need about 30 minutes of your time to complete the survey.

In this age of telemarketing, the Office for the Aging realizes that many people are wary of telephone interviews. Please know that this is not a telemarketing call. Your answers will be confidential.

It is important that you personally participate in this survey. Without each of the 366 selected individuals' responses, we will not be able to get a complete picture of Tompkins County seniors. We expect to be calling throughout the middle of March, 2004.

I hope you will be willing to help with this project, and am extremely grateful for your cooperation.

Sincerely,



Irene W. Stein  
Director

## Appendix C

### Instructions

## Needs Assessment Survey

### I. Purpose

The purpose of this survey is to collect data which will provide a snapshot at this point in time (2004) of the 60 and older population in Tompkins County. The data will be used to:

- a. Assess the status of older County residents insofar as education, income, health, health care, housing, isolation, activities, employment, marital status, composition of the household, employment, education, housing, transportation, socialization, leisure activities, fear of crime, nutrition, and awareness of services are concerned;
- b. Identify current unmet needs;
- c. Provide a data base which can be used to measure changes in future years;
- d. Provide a data base from which future projections can be made.

### II. General Information and Instructions

- a. Lists  
Names have been selected randomly from the *Senior Circle* mailing list. All information is confidential and may not be shared with anyone other than staff working on the survey.

You will be given sheets with names and phone numbers. Dial each number in order. When someone answers, make the initial statement. Record on the telephone sheet whatever happens each time you dial a number-- including no answer. Record the time and date. If it is a wrong number, cross out the telephone number. Then go on to the next number. Do not write anything else on the form except one of the codes at the top of the sheet unless you make an appointment.

If you set an appointment for an interview at a later day, mark "A" on your sheet and note the time the person is to be called back on top of questionnaire.

If this is a scheduled call back, remind the person you are calling back as scheduled and repeat the reason for your call.

Some people may resent being interviewed. Tell them that it is important that we get information from everyone we call so that the results will accurately reflect the situation in Tompkins County.

To succeed in getting people to be interviewed, it is crucial that you state clearly who you are, and make respondents feel their opinions are important and necessary.

In some cases, you may have to do some gentle prodding, i.e., "This won' t take much time, and we really do want your opinion."

If people simply refuse, this is their right. They should be treated courteously, even if someone is rude in refusing.

### **III. The Interview**

Once you have contacted the person on the sheet, read the text at the top of the questionnaire. Speak slowly and clearly. Move from question to question at a good pace. Do not get involved in chit chat, but do not rush respondent through.

It is important to read each question exactly as it is written. Every respondent must be asked each question in the same way.

When you inquire about housing costs, rental/mortgage payments, home insurance premiums and taxes, many people may state that they don' t know, or they don' t have the information in front of them. If this happens, you can tell them that you' ll wait while they look up the information, or you can make an appointment to call back for that information.

Do not offer information (beyond any necessary clarification). Some key phrases you may need to use are "This is all the information available to us," or "Could I read it again for you?"

- a. Probing
  1. With closed response questions where alternatives are provided, probing for better clarity or for additional information is not necessary.
  2. However, if a respondent is reluctant to answer a question, you may have to coax him/her to answer with statements like:  
"Is there anything else you would like to say?"  
"Are you sure that' s all?"  
"Could you elaborate on...?"
  3. Be careful about leading the respondent. Probes are to be neutral requests for information.

4. In some cases, the respondent may remain silent after a question, state directly that s/he will not answer the question, or give an answer that appears to contradict an earlier remark. Do not point out such contradictions. In such cases the respondent may not:
  - a. Understand the question or the wording;
  - b. Have the information to answer the question;
  - c. Feel the question to be relevant or appropriate to the stated purpose of the survey.
 Find out if the respondent needs you to repeat or reword the question. If not, ask the respondent if s/he can answer the question. This will lead to either an outright refusal or a reason why s/he cannot answer.
5. If unsure of respondent' s final response, repeat what you think it was so that s/he can confirm or correct it.

b. Whose Opinion to Accept

Everything should be in terms of what the RESPONDENT thinks-- not the respondent' kids, friends, boss, spouse, etc. Therefore, you might need to say:

"I see. Now, is that what you think?"

"It' s your opinion that we really want."

ALSO, DON'T GIVE RESPONDENT YOUR OPINION.

c. Rude, Inappropriate Respondent Behavior

1. Be nice! Do not hang up.
2. Possible kinds of responses, as situations warrant:
 

"Yes, I see." "Uh huh."

"Yes, I understand you feel quite strongly about this matter, but we really need your opinion."

"Let me repeat the question for you, sir."
3. Do not, under any condition, ARGUE, INSERT YOUR OWN OPINION, or worst of all, LOSE YOUR TEMPER.
4. Try not to terminate the interview if a respondent is abusive. Only terminate if subject refuses to respond. If all else fails, wait for the opportunity, and say something to this effect:
 

"I' m awfully sorry you prefer not to complete the interview, but thank you anyway. Goodbye Mr(s).\_\_\_\_\_."

d. Recording Responses

You will indicate responses to most questions with codes which are listed on the questionnaire next to each question. A few questions, however, are "open-ended" and will require your writing down a brief answer. Responses which fall into the "Other" category should be written down.

Write any pertinent comments in the margins of the questionnaire.

**IV. After You Hang Up**

Go back to make sure all answers are clearly marked, data on front page are complete, calculations are complete for housing costs on pp.4-7, and outcome is recorded on sheet of names.

Completed interviews as well as any "scheduled appointment" interviews should be given to supervisor.